



Milk Chocolate Buttercream

 **Gluten Free**

READY IN



30 min.

SERVINGS



4

CALORIES



1245 kcal

BEVERAGE

DRINK

Ingredients

- 3 ounces bittersweet chocolate coarsely chopped
- 6 ounces chocolate coarsely chopped
- 2.5 cups powdered sugar
- 0.3 teaspoon salt fine
- 3 sticks butter unsalted at room temperature
- 1 teaspoon vanilla extract
- 2 tablespoons milk whole

Equipment

- bowl
- sauce pan
- blender
- stand mixer
- spatula

Directions

- Fill a medium saucepan with 2 inches of water and bring it to a boil over high heat. Reduce the heat to low so the water is just simmering.
- Place the milk chocolate and bittersweet chocolate in a heatproof bowl large enough to sit over the water without touching it.
- Place the bowl over the saucepan and stir until the chocolate has melted and is smooth. Set aside until cooled slightly but still pourable, about 5 to 10 minutes. Beat the butter in the bowl of a stand mixer fitted with a paddle attachment on medium-high speed until light and fluffy, about 3 minutes.
- Add the milk and beat until incorporated.
- Pour in the melted chocolate and mix until completely incorporated.
- Add the vanilla and salt and mix until incorporated. Stop the mixer and scrape down the sides of the bowl and the paddle with a rubber spatula. Turn the mixer to low and slowly add the powdered sugar until it's incorporated and the mixture is creamy. Increase the speed to high and mix until lightened in color and fluffy, about 1 minute.

Nutrition Facts

PROTEIN 1.22% **FAT 63.98%** **CARBS 34.8%**

Properties

Glycemic Index:20.15, Glycemic Load:10.08, Inflammation Score:-8, Nutrition Score:10.683478259522%

Nutrients (% of daily need)

Calories: 1245.49kcal (62.27%), Fat: 91.67g (141.03%), Saturated Fat: 56.9g (355.61%), Carbohydrates: 112.21g (37.4%), Net Carbohydrates: 108.17g (39.33%), Sugar: 103.58g (115.09%), Cholesterol: 184.39mg (61.46%), Sodium: 168.04mg (7.31%), Alcohol: 0.34g (100%), Alcohol %: 0.19% (100%), Caffeine: 46.35mg (15.45%), Protein: 3.93g (7.85%), Vitamin A: 2140.68IU (42.81%), Copper: 0.53mg (26.46%), Manganese: 0.5mg (25.06%), Magnesium:

88.19mg (22.05%), Fiber: 4.04g (16.16%), Vitamin E: 2.21mg (14.71%), Phosphorus: 145.77mg (14.58%), Iron: 2.58mg (14.34%), Vitamin B2: 0.17mg (9.81%), Vitamin K: 10.16µg (9.68%), Vitamin D: 1.35µg (9.02%), Zinc: 1.32mg (8.78%), Potassium: 278.48mg (7.96%), Selenium: 4.42µg (6.31%), Calcium: 53.9mg (5.39%), Vitamin B12: 0.22µg (3.71%), Vitamin B3: 0.51mg (2.55%), Vitamin B5: 0.22mg (2.16%), Vitamin B6: 0.03mg (1.64%), Vitamin B1: 0.02mg (1.59%)