



Mocha-Chocolate Cream Filling

 Vegetarian

READY IN



15 min.

SERVINGS



10

CALORIES



262 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup butter softened
- ☐ 1 cup powdered sugar
- ☐ 5 tablespoons flour all-purpose
- ☐ 1 cup half and half
- ☐ 2 tablespoons coffee instant
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract

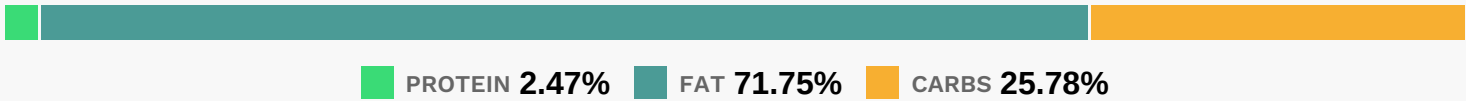
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Whisk together first 4 ingredients in a small saucepan. Cook over medium heat, whisking constantly, 5 minutes or until thickened. Spoon mixture into a small bowl; cover surface of mixture with plastic wrap, pressing wrap onto surface, and let stand 30 minutes or until cool.
- ☐ Beat butter and sugar at medium speed with an electric mixer until light and fluffy. Gradually add cooled cocoa mixture, 1 tablespoon at a time, beating until blended after each addition.
- ☐ Add vanilla, beating until mixture is the consistency of whipped cream.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:2.08, Inflammation Score:-4, Nutrition Score:2.7739130595456%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 261.75kcal (13.09%), Fat: 21.37g (32.88%), Saturated Fat: 13.46g (84.11%), Carbohydrates: 17.28g (5.76%), Net Carbohydrates: 16.8g (6.11%), Sugar: 12.83g (14.25%), Cholesterol: 57.28mg (19.09%), Sodium: 161.65mg (7.03%), Alcohol: 0.14g (100%), Alcohol %: 0.27% (100%), Caffeine: 33.7mg (11.23%), Protein: 1.66g (3.31%), Vitamin A: 652.94IU (13.06%), Vitamin B2: 0.08mg (4.65%), Phosphorus: 42.88mg (4.29%), Manganese: 0.08mg (4.14%), Vitamin E: 0.59mg (3.94%), Selenium: 2.61µg (3.73%), Calcium: 34.76mg (3.48%), Magnesium: 12.01mg (3%), Vitamin B3: 0.56mg (2.81%), Potassium: 92.84mg (2.65%), Vitamin B1: 0.04mg (2.58%), Copper: 0.05mg (2.4%), Folate: 8.59µg (2.15%), Iron: 0.38mg (2.12%), Fiber: 0.47g (1.88%), Vitamin K: 1.96µg (1.87%), Zinc: 0.21mg (1.43%), Vitamin B12: 0.08µg (1.41%), Vitamin B5: 0.12mg (1.15%)