



Quick Chocolate Buttercream



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



24

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups confectioners' sugar sifted
- ☐ 1 pinch salt
- ☐ 0.3 pound butter unsalted softened
- ☐ 2 ounces baking chocolate unsweetened
- ☐ 1 teaspoon vanilla extract

Equipment

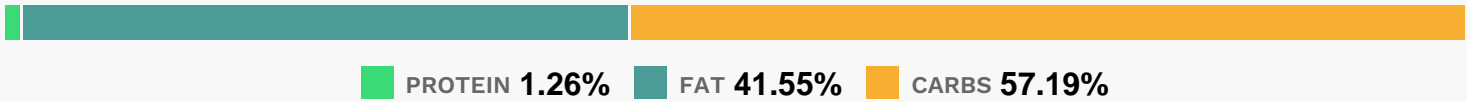
- ☐ bowl
- ☐ blender

- ☐ double boiler
- ☐ hand mixer

Directions

- ☐ Using a hand mixer or an electric mixer fitted with the paddle attachment, cream the stick of butter in a large bowl until soft, about 1 minute. With the mixer on low, gradually add the sugar. When all the sugar has been incorporated, add the vanilla and salt. Increase mixer speed to high and cream the ingredients until light and fluffy, about 4 minutes.
- ☐ Melt the chocolate and the remaining butter in a double boiler over gently simmering water. Beat into the buttercream mixture until well combined.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.0556521691058%

Flavonoids

Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg

Nutrients (% of daily need)

Calories: 104.54kcal (5.23%), Fat: 5.07g (7.8%), Saturated Fat: 3.19g (19.95%), Carbohydrates: 15.7g (5.23%), Net Carbohydrates: 15.31g (5.57%), Sugar: 14.72g (16.35%), Cholesterol: 10.16mg (3.39%), Sodium: 3.02mg (0.13%), Alcohol: 0.06g (100%), Alcohol %: 0.33% (100%), Protein: 0.34g (0.69%), Manganese: 0.1mg (4.98%), Copper: 0.08mg (3.92%), Vitamin A: 118.08IU (2.36%), Iron: 0.42mg (2.34%), Magnesium: 7.84mg (1.96%), Fiber: 0.39g (1.57%), Zinc: 0.23mg (1.56%), Phosphorus: 10.59mg (1.06%)