



Rich Chocolate Buttercream

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



1407 kcal

SIDE DISH

Ingredients

- ☐ 1 cup butter softened
- ☐ 0.3 cup cocoa
- ☐ 0.3 cup milk
- ☐ 4 cups powdered sugar sifted
- ☐ 2 ounce bittersweet chocolate
- ☐ 2 ounce chocolate unsweetened
- ☐ 2 teaspoons vanilla extract

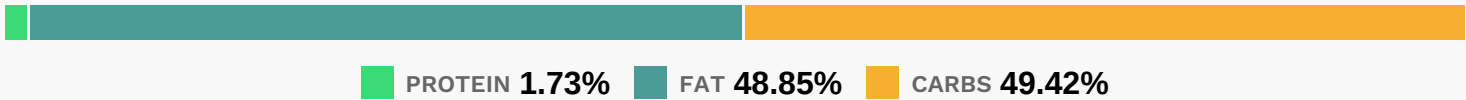
Equipment

- ☐ double boiler
- ☐ hand mixer

Directions

- ☐ Place chocolate in top of a double boiler; bring water to a boil. Reduce heat to low; cook until chocolate melts, stirring often.
- ☐ Remove from heat.
- ☐ Beat butter at medium speed with an electric mixer until creamy.
- ☐ Add chocolate, powdered sugar, and remaining ingredients; beat until spreading consistency.

Nutrition Facts



Properties

Glycemic Index:12.67, Glycemic Load:0.36, Inflammation Score:-9, Nutrition Score:16.93478261647%

Flavonoids

Catechin: 16.8mg, Catechin: 16.8mg, Catechin: 16.8mg, Catechin: 16.8mg Epicatechin: 40.88mg, Epicatechin: 40.88mg, Epicatechin: 40.88mg, Epicatechin: 40.88mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 1406.78kcal (70.34%), Fat: 79.67g (122.57%), Saturated Fat: 23.87g (149.19%), Carbohydrates: 181.34g (60.45%), Net Carbohydrates: 174.04g (63.29%), Sugar: 165.03g (183.37%), Cholesterol: 3.57mg (1.19%), Sodium: 732.63mg (31.85%), Alcohol: 0.92g (100%), Alcohol %: 0.38% (100%), Caffeine: 47.86mg (15.95%), Protein: 6.35g (12.7%), Manganese: 1.33mg (66.32%), Copper: 1.13mg (56.59%), Vitamin A: 2748.99IU (54.98%), Magnesium: 135.86mg (33.96%), Iron: 5.58mg (30.99%), Fiber: 7.3g (29.2%), Phosphorus: 215.44mg (21.54%), Zinc: 2.91mg (19.41%), Vitamin E: 2.55mg (17%), Potassium: 442.39mg (12.64%), Calcium: 89.58mg (8.96%), Vitamin B2: 0.13mg (7.91%), Selenium: 5.49µg (7.84%), Vitamin B1: 0.06mg (3.91%), Vitamin B12: 0.22µg (3.66%), Vitamin K: 3.43µg (3.27%), Vitamin B3: 0.62mg (3.1%), Vitamin B5: 0.25mg (2.47%), Folate: 8.34µg (2.09%), Vitamin B6: 0.04mg (1.99%), Vitamin D: 0.22µg (1.49%)