



Vanilla Butter Cream

 Vegetarian

READY IN



75 min.

SERVINGS



12

CALORIES



241 kcal

SIDE DISH

Ingredients

- ☐ 3.3 ounces butter
- ☐ 12 servings chocolate melted for dipping
- ☐ 3.3 ounces regular corn syrup
- ☐ 1.5 ounces flour
- ☐ 1 pound sugar
- ☐ 1 teaspoon vanilla
- ☐ 3.3 ounces water

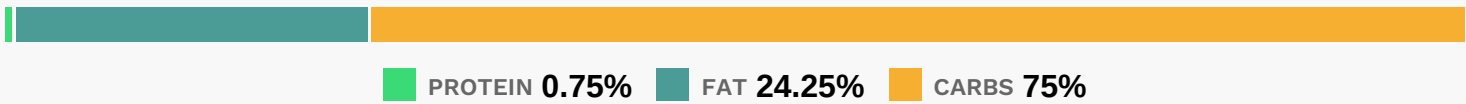
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ mixing bowl
- ☐ blender
- ☐ butter knife

Directions

- ☐ Cook the sugar, corn syrup, vanilla, and water in a saucepan over medium heat to 245 degrees F. At 235 degrees F wash down the side of the pan with a brush soaked in water to remove sugar crystals.
- ☐ Pour the cooked batch into a mixing bowl and let it cool to 110 degrees F. If sugar crystals form on top of the batch as it is cooling, sprinkle the sugar crystals lightly with water to dissolve.
- ☐ Melt the butter. When the sugar mixture reaches 110 degrees F, start the mixer on slow speed and add the flour and butter. Continue mixing until batch becomes semi-firm.
- ☐ Pour batch onto a table (previously sprinkled with flour). Dip hands into flour and knead batch until it is soft and creamy. Take small sections of the batch and roll it into a 1-inch diameter tube.
- ☐ Cut the tube with a butter knife into bite size pieces.
- ☐ Roll each piece and place on waxed paper. Keep at room temperature (65 to 75 degrees F) for 4 to 24 hours. Coat the pieces with chocolate. The coated vanilla butter creams may be eaten after another 24 hours.

Nutrition Facts



Properties

Glycemic Index:21.39, Glycemic Load:29.7, Inflammation Score:-1, Nutrition Score:0.95304348125406%

Nutrients (% of daily need)

Calories: 241.24kcal (12.06%), Fat: 6.74g (10.37%), Saturated Fat: 4.15g (25.96%), Carbohydrates: 46.9g (15.63%), Net Carbohydrates: 46.75g (17%), Sugar: 44.19g (49.1%), Cholesterol: 16.51mg (5.5%), Sodium: 55.15mg (2.4%), Alcohol: 0.11g (100%), Alcohol %: 0.22% (100%), Protein: 0.47g (0.94%), Vitamin A: 191.87IU (3.84%), Selenium:

1.59µg (2.27%), Vitamin B1: 0.03mg (2.2%), Vitamin B2: 0.03mg (1.77%), Folate: 6.75µg (1.69%), Manganese: 0.03mg (1.57%), Vitamin E: 0.18mg (1.22%), Iron: 0.21mg (1.18%), Vitamin B3: 0.22mg (1.1%)