

# Butter Cream Icing

*What's Cooking II*

*North American Institute of Modern Cuisine*

## **Yield: 2 cups**

*1 cup unsalted butter*

*4 cups icing sugar*

*3 egg yolks*

*1/4 cup heavy cream*

*2 teaspoons vanilla extract*

In a large bowl, cream the butter for around 8 minutes or until light and fluffy. While beating, sift in the icing sugar a little at a time.

Add the eggs one by one, whipping vigorously between additions.

Fold in the cream and vanilla.

Continue beating until smooth.

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Per Serving (excluding unknown items): 3902 Calories; 222g Fat (50.2% calories from fat); 11g Protein; 483g Carbohydrate; 0g Dietary Fiber; 1216mg Cholesterol; 74mg Sodium. Exchanges: 1 Lean Meat; 0 Non-Fat Milk; 43 1/2 Fat; 32 Other Carbohydrates.

Desserts

## **Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	3902	<b>Vitamin B6 (mg):</b>	.2mg
<b>% Calories from Fat:</b>	50.2%	<b>Vitamin B12 (mcg):</b>	1.9mcg
<b>% Calories from Carbohydrates:</b>	48.6%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	1.2%	<b>Riboflavin B2 (mg):</b>	.4mg
<b>Total Fat (g):</b>	222g	<b>Folacin (mcg):</b>	81mcg
<b>Saturated Fat (g):</b>	133g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	65g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	10g	<b>Alcohol (kcal):</b>	25
<b>Cholesterol (mg):</b>	1216mg	<b>% Refused:</b>	n n%
<b>Carbohydrate (g):</b>	483g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	0g	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	11g	<b>Lean Meat:</b>	1
<b>Sodium (mg):</b>	74mg	<b>Vegetable:</b>	0

**Potassium (mg):** 160mg  
**Calcium (mg):** 165mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** trace  
**Vitamin A (i.u.):** 8779IU  
**Vitamin A (r.e.):** 2251 1/2RE

**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 43 1/2  
**Other Carbohydrates:** 32

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## Nutrition Facts

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### Amount Per Serving

**Calories** 3902                      **Calories from Fat:** 1960

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### % Daily Values\*

<b>Total Fat</b>	222g	341%
Saturated Fat	133g	665%
<b>Cholesterol</b>	1216mg	405%
<b>Sodium</b>	74mg	3%
<b>Total Carbohydrates</b>	483g	161%
Dietary Fiber	0g	0%
<b>Protein</b>	11g	
<b>Vitamin A</b>		176%
<b>Vitamin C</b>		1%
<b>Calcium</b>		16%
<b>Iron</b>		13%

\* Percent Daily Values are based on a 2000 calorie diet.