

# Chocolate 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*  
*5 ounces unsweetened chocolate*

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.

In a double-boiler, melt the chocolate. Let cool until lukewarm. Add to the butter cream icing. Beat until smooth.

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Per Serving (excluding unknown items): 4642 Calories; 300g Fat (55.2% calories from fat); 26g Protein; 523g Carbohydrate; 22g Dietary Fiber; 1216mg Cholesterol; 93mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Non-Fat Milk; 59 Fat; 32 Other Carbohydrates.

Desserts

## **Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	4642
<b>% Calories from Fat:</b>	55.2%
<b>% Calories from Carbohydrates:</b>	42.7%
<b>% Calories from Protein:</b>	2.1%
<b>Total Fat (g):</b>	300g
<b>Saturated Fat (g):</b>	179g
<b>Monounsaturated Fat (g):</b>	92g
<b>Polyunsaturated Fat (g):</b>	12g
<b>Cholesterol (mg):</b>	1216mg
<b>Carbohydrate (g):</b>	523g

<b>Vitamin B6 (mg):</b>	.3mg
<b>Vitamin B12 (mcg):</b>	1.9mcg
<b>Thiamin B1 (mg):</b>	.2mg
<b>Riboflavin B2 (mg):</b>	.6mg
<b>Folacin (mcg):</b>	91mcg
<b>Niacin (mg):</b>	2mg
<b>Caffeine (mg):</b>	289mg
<b>Alcohol (kcal):</b>	25
<b>% Refuse:</b>	0.0%

## **Food Exchanges**

**Dietary Fiber (g):** 22g  
**Protein (g):** 26g  
**Sodium (mg):** 93mg  
**Potassium (mg):** 1341mg  
**Calcium (mg):** 270mg  
**Iron (mg):** 11mg  
**Zinc (mg):** 8mg  
**Vitamin C (mg):** trace  
**Vitamin A (i.u.):** 8918IU  
**Vitamin A (r.e.):** 2265 1/2RE

**Grain (Starch):** 2 1/2  
**Lean Meat:** 1 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 59  
**Other Carbohydrates:** 32

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## Nutrition Facts

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### Amount Per Serving

**Calories** 4642                      **Calories from Fat:** 2560

### % Daily Values\*

<b>Total Fat</b> 300g	462%
Saturated Fat 179g	896%
<b>Cholesterol</b> 1216mg	405%
<b>Sodium</b> 93mg	4%
<b>Total Carbohydrates</b> 523g	174%
Dietary Fiber 22g	87%
<b>Protein</b> 26g	
<b>Vitamin A</b>	178%
<b>Vitamin C</b>	1%
<b>Calcium</b>	27%
<b>Iron</b>	63%

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