

Chocolate Buttercream Icing II

*Best Loved Desserts - 2013 Cookbook
Better Homes and Gardens Magazine*

*2 egg yolks, lightly beaten
1/3 cup sugar
2 tablespoons water
1 1/2 teaspoons cherry liqueur or
brandy (optional)
1/2 teaspoon vanilla
1/2 cup unsalted butter, softened
1/4 cup semisweet chocolate pieces,
melted and cooled*

Preparation Time: 50 minutes

Bake: 12 minutes

In a small bowl, lightly beat the egg yolks; set aside.

In a small heavy saucepan, stir together the sugar and water. Bring to boiling. Remove from the heat. Gradually stir about half of the sugar mixture into the egg yolks. Return all of the egg yolk mixture to the saucepan. Bring to a gentle boil. Reduce the heat (the mixture may look curdled but will become smooth). Cook and stir for 2 minutes. Remove from the heat.

If desired, stir in the cherry liqueur.

Stir in the vanilla. Cool to room temperature. In a large mixing bowl, beat the unsalted butter with an electric mixer on HIGH until fluffy.

Add the cooled yolk mixture and semisweet chocolate pieces, beating until combined. If necessary, chill to spreading consistency

Per Serving (excluding unknown items): 1170 Calories; 102g Fat (77.3% calories from fat); 7g Protein; 61g Carbohydrate; 0g Dietary Fiber; 674mg Cholesterol; 28mg Sodium. Exchanges: 1/2 Lean Meat; 20 Fat; 4 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1170	Vitamin B6 (mg):	.1mg
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% Calories from Fat:	77.3%
% Calories from Carbohydrates:	20.6%
% Calories from Protein:	2.2%
Total Fat (g):	102g
Saturated Fat (g):	60g
Monounsaturated Fat (g):	30g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	674mg
Carbohydrate (g):	61g
Dietary Fiber (g):	0g
Protein (g):	7g
Sodium (mg):	28mg
Potassium (mg):	62mg
Calcium (mg):	73mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	0mg
Vitamin A (i.u.):	4114IU
Vitamin A (r.e.):	1049RE

Vitamin B12 (mcg):	1.2mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	52mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	6
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	20
Other Carbohydrates:	4

Nutrition Facts

Amount Per Serving

Calories 1170 Calories from Fat: 904

% Daily Values*

Total Fat	102g	157%
Saturated Fat	60g	302%
Cholesterol	674mg	225%
Sodium	28mg	1%
Total Carbohydrates	61g	20%
Dietary Fiber	0g	0%
Protein	7g	
Vitamin A		82%
Vitamin C		0%
Calcium		7%
Iron		8%

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