

Chocolate Malt Frosting

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Meredith Corporation - Des Moines, IA

2 cups whipping cream
1/3 cup malt powder
2 packages (11.5 ounce ea) milk
chocolate pieces

In a medium saucepan, bring the whipping cream to boiling over medium-high heat. Remove from the heat. Stir in the malt powder. Add the milk chocolate pieces. Do not stir. Cover and let stand for 5 minutes.

Stir until smooth; the mixture will be thin. Transfer to a large mixing bowl. Cover and chill for about three hours or until the frosting is thoroughly chilled.

After chilling, set the bowl of frosting in a larger bowl of ice water. Beat the frosting with an electric mixer on medium for 3 minutes or until spreading consistency. (The frosting will turn light brown during beating.)

Per Serving (excluding unknown items): 1641 Calories; 176g Fat (94.5% calories from fat); 10g Protein; 13g Carbohydrate; 0g Dietary Fiber; 653mg Cholesterol; 179mg Sodium. Exchanges: 1 1/2 Non-Fat Milk; 35 Fat.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1641	Vitamin B6 (mg):	.1mg
% Calories from Fat:	94.5%	Vitamin B12 (mcg):	.8mcg
% Calories from Carbohydrates:	3.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	2.3%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	176g	Folacin (mcg):	18mcg
Saturated Fat (g):	110g	Niacin (mg):	trace
Monounsaturated Fat (g):	51g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	7g	Alcohol (kcal):	0
		% Refuse:	0.0%

Cholesterol (mg):	653mg
Carbohydrate (g):	13g
Dietary Fiber (g):	0g
Protein (g):	10g
Sodium (mg):	179mg
Potassium (mg):	359mg
Calcium (mg):	307mg
Iron (mg):	trace
Zinc (mg):	1mg
Vitamin C (mg):	3mg
Vitamin A (i.u.):	6997IU
Vitamin A (r.e.):	2004RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1 1/2
Fat:	35
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 1641	Calories from Fat: 1551
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% Daily Values*

Total Fat 176g	271%
Saturated Fat 110g	548%
Cholesterol 653mg	218%
Sodium 179mg	7%
Total Carbohydrates 13g	4%
Dietary Fiber 0g	0%
Protein 10g	
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Vitamin A	140%
Vitamin C	5%
Calcium	31%
Iron	1%

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