

Mocha 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

2 ounces unsweetened chocolate

3 tablespoons instant coffee

3 tablespoons hot water

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.

In a double-boiler, melt the chocolate. Let cool until lukewarm. Set aside.

Dissolve the instant coffee in the hot water. Let cool until lukewarm.

Fold in the chocolate and instant coffee. Continue beating until smooth.

Per Serving (excluding unknown items): 3968 Calories; 231g Fat (50.4% calories from fat); 16g Protein; 495g Carbohydrate; 9g Dietary Fiber; 1134mg Cholesterol; 62mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 45 Fat; 32 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	3968	Vitamin B6 (mg):	.2mg
% Calories from Fat:	50.4%	Vitamin B12 (mcg):	1.8mcg
% Calories from Carbohydrates:	48.0%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	1.6%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	231g	Folacin (mcg):	83mcg
Saturated Fat (g):	138g	Niacin (mg):	1mg
Monounsaturated Fat (g):	70g	Caffeine (mg):	130mg
Polyunsaturated Fat (g):	10g	Alcohol (kcal):	0

Cholesterol (mg):	1134mg
Carbohydrate (g):	495g
Dietary Fiber (g):	9g
Protein (g):	16g
Sodium (mg):	62mg
Potassium (mg):	604mg
Calcium (mg):	170mg
Iron (mg):	6mg
Zinc (mg):	4mg
Vitamin C (mg):	0mg
Vitamin A (i.u.):	7960IU
Vitamin A (r.e.):	2006 1/2RE

% Refuse: 0.0%

Food Exchanges

Grain (Starch):	1
Lean Meat:	1
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	45
Other Carbohydrates:	32

Nutrition Facts

Amount Per Serving

Calories 3968 Calories from Fat: 2002

% Daily Values*

Total Fat 231g	356%
Saturated Fat 138g	689%
Cholesterol 1134mg	378%
Sodium 62mg	3%
Total Carbohydrates 495g	165%
Dietary Fiber 9g	35%
Protein 16g	
Vitamin A	159%
Vitamin C	0%
Calcium	17%
Iron	33%

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