

# Orange 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 tablespoon orange peel*  
*2 tablespoons Grand Marnier*  
*2 tablespoons orange juice*  
*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 orange peel, Grand Marnier, orange juice and vanilla.

Continue beating until smooth.

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Per Serving (excluding unknown items): 3826 Calories; 200g Fat (47.0% calories from fat); 11g Protein; 497g Carbohydrate; trace Dietary Fiber; 1134mg Cholesterol; 52mg Sodium. Exchanges: 1 Lean Meat; 1/2 Fruit; 39 Fat; 32 Other Carbohydrates.

Desserts

## **Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	3826	<b>Vitamin B6 (mg):</b>	.2mg
<b>% Calories from Fat:</b>	47.0%	<b>Vitamin B12 (mcg):</b>	1.8mcg
<b>% Calories from Carbohydrates:</b>	51.9%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	1.1%	<b>Riboflavin B2 (mg):</b>	.4mg
<b>Total Fat (g):</b>	200g	<b>Folacin (mcg):</b>	98mcg
<b>Saturated Fat (g):</b>	119g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	59g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	9g	<b>Alcohol (kcal):</b>	135
<b>Cholesterol (mg):</b>	1134mg	<b>% Refused:</b>	n.n%
<b>Carbohydrate (g):</b>	497g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	trace	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	11g	<b>Lean Meat:</b>	1

**Sodium (mg):** 52mg  
**Potassium (mg):** 190mg  
**Calcium (mg):** 139mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 24mg  
**Vitamin A (i.u.):** 7991IU  
**Vitamin A (r.e.):** 2019RE

**Vegetable:** 0  
**Fruit:** 1/2  
**Non-Fat Milk:** 0  
**Fat:** 39  
**Other Carbohydrates:** 32

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## Nutrition Facts

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### Amount Per Serving

**Calories** 3826                      **Calories from Fat:** 1798

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### % Daily Values\*

<b>Total Fat</b> 200g	307%
Saturated Fat 119g	597%
<b>Cholesterol</b> 1134mg	378%
<b>Sodium</b> 52mg	2%
<b>Total Carbohydrates</b> 497g	166%
Dietary Fiber trace	1%
<b>Protein</b> 11g	
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<b>Vitamin A</b>	160%
<b>Vitamin C</b>	39%
<b>Calcium</b>	14%
<b>Iron</b>	14%

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