

Peanut and 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*
- 4 ounces unsweetened chocolate*
- 1/3 cup smooth peanut butter*

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. Fold into the butter cream.

Add the peanut butter. Beat until smooth.

Per Serving (excluding unknown items): 4999 Calories; 328g Fat (56.2% calories from fat); 45g Protein; 531g Carbohydrate; 22g Dietary Fiber; 1216mg Cholesterol; 487mg Sodium. Exchanges: 3 Grain(Starch); 4 Lean Meat; 0 Non-Fat Milk; 63 Fat; 32 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	4999	Vitamin B6 (mg):	.7mg
% Calories from Fat:	56.2%	Vitamin B12 (mcg):	1.9mcg
% Calories from Carbohydrates:	40.4%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	3.4%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	328g	Folacin (mcg):	152mcg
Saturated Fat (g):	179g	Niacin (mg):	13mg
Monounsaturated Fat (g):	107g	Caffeine (mg):	231mg
Polyunsaturated Fat (g):	24g	Alcohol (kcal):	25
Cholesterol (mg):	1216mg	% Refuse:	0 0%

Carbohydrate (g):	531g
Dietary Fiber (g):	22g
Protein (g):	45g
Sodium (mg):	487mg
Potassium (mg):	1674mg
Calcium (mg):	281mg
Iron (mg):	11mg
Zinc (mg):	9mg
Vitamin C (mg):	trace
Vitamin A (i.u.):	8890IU
Vitamin A (r.e.):	2262 1/2RE

Food Exchanges

Grain (Starch):	3
Lean Meat:	4
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	63
Other Carbohydrates:	32

Nutrition Facts

Amount Per Serving

Calories 4999 **Calories from Fat:** 2807

% Daily Values*

Total Fat 328g	504%
Saturated Fat 179g	894%
Cholesterol 1216mg	405%
Sodium 487mg	20%
Total Carbohydrates 531g	177%
Dietary Fiber 22g	90%
Protein 45g	
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Vitamin A	178%
Vitamin C	1%
Calcium	28%
Iron	62%

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