

Raspberry 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
5 tablespoons raspberries
1 tablespoon lemon 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 raspberries, lemon juice and vanilla.

Continue beating until smooth.

Per Serving (excluding unknown items): 3720 Calories; 200g Fat (47.5% calories from fat); 11g Protein; 487g Carbohydrate; 3g Dietary Fiber; 1134mg Cholesterol; 51mg Sodium. Exchanges: 1 Lean Meat; 1/2 Fruit; 39 Fat; 32 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	3720	Vitamin B6 (mg):	.2mg
% Calories from Fat:	47.5%	Vitamin B12 (mcg):	1.8mcg
% Calories from Carbohydrates:	51.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	1.1%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	200g	Folacin (mcg):	91mcg
Saturated Fat (g):	119g	Niacin (mg):	trace
Monounsaturated Fat (g):	59g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	9g	Alcohol (kcal):	25
Cholesterol (mg):	1134mg	% Refuse:	n n%
Carbohydrate (g):	487g	Food Exchanges	
Dietary Fiber (g):	3g	Grain (Starch):	0
Protein (g):	11g	Lean Meat:	1
Sodium (mg):	51mg	Vegetable:	0

Potassium (mg): 194mg
Calcium (mg): 136mg
Iron (mg): 3mg
Zinc (mg): 2mg
Vitamin C (mg): 17mg
Vitamin A (i.u.): 7959IU
Vitamin A (r.e.): 2006 1/2RE

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

Nutrition Facts

Amount Per Serving

Calories 3720 **Calories from Fat:** 1766

% Daily Values*

Total Fat 200g	308%
Saturated Fat 119g	597%
Cholesterol 1134mg	378%
Sodium 51mg	2%
Total Carbohydrates 487g	162%
Dietary Fiber 3g	11%
Protein 11g	
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Vitamin A	159%
Vitamin C	28%
Calcium	14%
Iron	14%

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