

# Vanilla Bean Swiss Meringue Buttercream

Yield: 5 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/vanilla-bean-swiss-meringue-buttercream-recipe>

## Ingredients:

- 5 large egg whites 150g, carefully separated.
- 1 1/4 cups sugar 250 g
- 1 1/2 cups unsalted butter cut into cubes, cool but not cold
- 2 teaspoons pure vanilla extract
- 1 1/2 teaspoons vanilla bean paste
- 1 pinch kosher salt

## Nutrition:

1. Calories: 710 calories
2. Carbohydrate: 51 grams
3. Cholesterol: 145 milligrams
4. Fat: 55 grams
5. Protein: 4 grams
6. SaturatedFat: 35 grams
7. Sodium: 125 milligrams
8. Sugar: 51 grams

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