



121 Whipped Cream



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



114 kcal

SIDE DISH

Ingredients

- ☐ 1 cup heavy whipping cream
- ☐ 2 tablespoons caster sugar
- ☐ 1 teaspoon vanilla extract

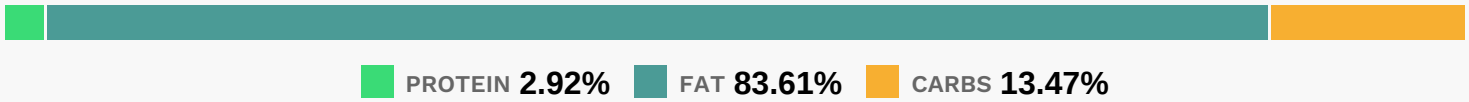
Equipment

- ☐ bowl
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Chill metal bowl and whisk attachment in refrigerator for 15 minutes.
- ☐ Pour cream into bowl.
- ☐ Beat heavy cream with an electric mixer until foamy. Gradually add sugar and vanilla extract, continuing to beat until stiff peaks form. Lift your beater or whisk straight up: the whipped cream will form sharp peaks.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:2.09, Inflammation Score:-3, Nutrition Score:1.2352173937404%

Nutrients (% of daily need)

Calories: 114.14kcal (5.71%), Fat: 10.75g (16.54%), Saturated Fat: 6.84g (42.77%), Carbohydrates: 3.9g (1.3%), Net Carbohydrates: 3.9g (1.42%), Sugar: 3.93g (4.36%), Cholesterol: 33.62mg (11.21%), Sodium: 8.11mg (0.35%), Alcohol: 0.17g (100%), Alcohol %: 0.66% (100%), Protein: 0.85g (1.69%), Vitamin A: 437.33IU (8.75%), Vitamin B2: 0.06mg (3.35%), Vitamin D: 0.48µg (3.17%), Calcium: 19.72mg (1.97%), Vitamin E: 0.27mg (1.82%), Phosphorus: 17.28mg (1.73%), Selenium: 0.91µg (1.3%)