



Bourbon Whipped Cream

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



117 kcal

SIDE DISH

Ingredients

- 1 tablespoon bourbon
- 2 tablespoons granulated sugar
- 1 cup whipping cream

Equipment

- hand mixer

Directions

Beat whipping cream and sugar at medium speed with an electric mixer until stiff peaks form; stir in bourbon.

Nutrition Facts

PROTEIN 2.93% **FAT 83.79%** **CARBS 13.28%**

Properties

Glycemic Index:10.64, Glycemic Load:2.09, Inflammation Score:-3, Nutrition Score:1.2300000028766%

Nutrients (% of daily need)

Calories: 117.03kcal (5.85%), Fat: 10.75g (16.54%), Saturated Fat: 6.84g (42.77%), Carbohydrates: 3.83g (1.28%), Net Carbohydrates: 3.83g (1.39%), Sugar: 3.86g (4.29%), Cholesterol: 33.62mg (11.21%), Sodium: 8.08mg (0.35%), Alcohol: 0.63g (100%), Alcohol %: 2.29% (100%), Protein: 0.84g (1.69%), Vitamin A: 437.33IU (8.75%), Vitamin B2: 0.06mg (3.33%), Vitamin D: 0.48µg (3.17%), Calcium: 19.67mg (1.97%), Vitamin E: 0.27mg (1.82%), Phosphorus: 17.33mg (1.73%), Selenium: 0.91µg (1.3%)