



Buttermilk Whipped Cream



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



195 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup buttermilk
- ☐ 1 cup heavy cream
- ☐ 2 tablespoons sugar

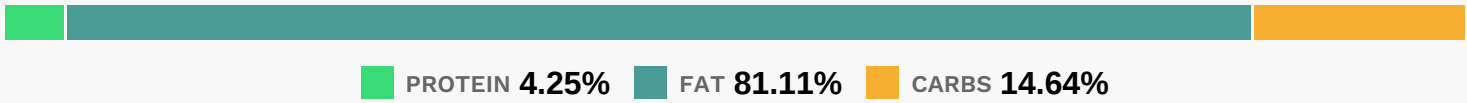
Equipment

- ☐ hand mixer

Directions

- ☐
- Beat first 2 ingredients at high speed with an electric mixer until foamy; gradually add sugar, beating until soft peaks form.
- ☐
- Serve immediately, or cover and chill up to 2 hours.

Nutrition Facts



Properties

Glycemic Index:20.22, Glycemic Load:3.71, Inflammation Score:-4, Nutrition Score:2.7652173735525%

Nutrients (% of daily need)

Calories: 195.2kcal (9.76%), Fat: 17.99g (27.68%), Saturated Fat: 11.4g (71.28%), Carbohydrates: 7.3g (2.43%), Net Carbohydrates: 7.3g (2.66%), Sugar: 7.35g (8.17%), Cholesterol: 56.43mg (18.81%), Sodium: 38.1mg (1.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.24%), Vitamin A: 739.32IU (14.79%), Vitamin B2: 0.13mg (7.75%), Vitamin D: 1.07µg (7.16%), Calcium: 59.06mg (5.91%), Phosphorus: 48.01mg (4.8%), Selenium: 2.34µg (3.35%), Vitamin B12: 0.19µg (3.11%), Vitamin E: 0.45mg (3.03%), Potassium: 77.72mg (2.22%), Vitamin B5: 0.21mg (2.13%), Vitamin K: 1.6µg (1.52%), Magnesium: 5.73mg (1.43%), Vitamin B1: 0.02mg (1.39%), Zinc: 0.21mg (1.37%), Vitamin B6: 0.03mg (1.27%)