



Calvados Vanilla Cream



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



8

CALORIES



110 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon calvados
- ☐ 1 cup heavy cream chilled
- ☐ 2 teaspoons sugar
- ☐ 0.5 vanilla pod pure halved halved lengthwise (crosswise)

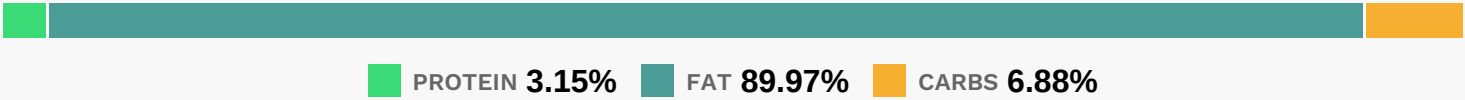
Equipment

- ☐ bowl
- ☐ knife
- ☐ blender

Directions

- ☐ Scrape seeds from bean with tip of a knife into a bowl (reserve pod for another use).
- ☐ Add remaining ingredients and beat with a mixer until cream just holds soft peaks.

Nutrition Facts



Properties

Glycemic Index:10.64, Glycemic Load:0.7, Inflammation Score:-3, Nutrition Score:1.2278260912584%

Nutrients (% of daily need)

Calories: 109.51kcal (5.48%), Fat: 10.74g (16.53%), Saturated Fat: 6.84g (42.77%), Carbohydrates: 1.85g (0.62%), Net Carbohydrates: 1.85g (0.67%), Sugar: 1.87g (2.08%), Cholesterol: 33.62mg (11.21%), Sodium: 8.07mg (0.35%), Alcohol: 0.65g (100%), Alcohol %: 2.51% (100%), Protein: 0.84g (1.69%), Vitamin A: 437.33IU (8.75%), Vitamin B2: 0.06mg (3.31%), Vitamin D: 0.48µg (3.17%), Calcium: 19.65mg (1.97%), Vitamin E: 0.27mg (1.82%), Phosphorus: 17.33mg (1.73%), Selenium: 0.9µg (1.28%)