

## Creme Fraiche

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



205 kcal

SIDE DISH

### Ingredients

- 2 tablespoons buttermilk
- 2 cups heavy whipping cream

### Equipment

### Directions

- Mix together buttermilk and heavy cream.
- Let sit at room temperature for six to eight hours.

Cover and refrigerate for at least 24 hours before serving.

## Nutrition Facts

**PROTEIN 3.46%** **FAT 92.96%** **CARBS 3.58%**

### Properties

Glycemic Index:3.88, Glycemic Load:0.06, Inflammation Score:-5, Nutrition Score:2.5713043974146%

### Nutrients (% of daily need)

Calories: 204.63kcal (10.23%), Fat: 21.6g (33.24%), Saturated Fat: 13.76g (85.98%), Carbohydrates: 1.87g (0.62%), Net Carbohydrates: 1.87g (0.68%), Sugar: 1.92g (2.13%), Cholesterol: 67.65mg (22.55%), Sodium: 20mg (0.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.62%), Vitamin A: 880.84IU (17.62%), Vitamin B2: 0.12mg (6.96%), Vitamin D: 1µg (6.67%), Calcium: 43.58mg (4.36%), Phosphorus: 37.7mg (3.77%), Vitamin E: 0.55mg (3.67%), Selenium: 1.92µg (2.75%), Vitamin B12: 0.11µg (1.87%), Vitamin K: 1.92µg (1.82%), Potassium: 61.59mg (1.76%), Vitamin B5: 0.17mg (1.66%), Magnesium: 4.54mg (1.13%), Vitamin B6: 0.02mg (1.11%), Zinc: 0.16mg (1.05%)