



## Crème Fraîche

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



207 kcal

SIDE DISH

## Ingredients

- 2 tablespoons buttermilk
- 1 cup whipping cream

## Equipment

## Directions

- Combine 1 cup whipping cream and 2 tablespoons buttermilk in a glass container. Cover and let stand at room temperature (about 70°F) from 8 to 24 hours, or until very thick. Stir well before covering and refrigerate up to 10 days.

# Nutrition Facts

PROTEIN 3.65% FAT 92.46% CARBS 3.89%

## Properties

Glycemic Index:7.75, Glycemic Load:0.11, Inflammation Score:-5, Nutrition Score:2.69565217942%

## Nutrients (% of daily need)

Calories: 206.95kcal (10.35%), Fat: 21.73g (33.43%), Saturated Fat: 13.83g (86.42%), Carbohydrates: 2.06g (0.69%), Net Carbohydrates: 2.06g (0.75%), Sugar: 2.1g (2.34%), Cholesterol: 68.06mg (22.69%), Sodium: 23.94mg (1.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.86%), Vitamin A: 887.03IU (17.74%), Vitamin B2: 0.12mg (7.34%), Vitamin D: 1.05µg (7%), Calcium: 47.9mg (4.79%), Phosphorus: 40.88mg (4.09%), Vitamin E: 0.55mg (3.68%), Selenium: 2.06µg (2.95%), Vitamin B12: 0.13µg (2.16%), Potassium: 66.65mg (1.9%), Vitamin K: 1.93µg (1.83%), Vitamin B5: 0.18mg (1.8%), Magnesium: 4.91mg (1.23%), Vitamin B6: 0.02mg (1.18%), Zinc: 0.17mg (1.14%), Vitamin B1: 0.02mg (1.03%)