



Crème Fraîche Whipped Cream

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



10

CALORIES



108 kcal

SIDE DISH

Ingredients

- 0.5 cup crème fraîche sour
- 1 cup cup heavy whipping cream
- 1 tablespoon brown sugar light packed

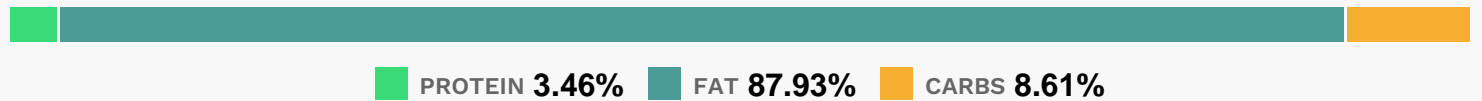
Equipment

- bowl
- whisk
- stand mixer

Directions

- Chill the bowl of a stand mixer and the whisk attachment in the freezer for 10 minutes.
- Place all of the ingredients in the bowl and whisk on high speed until medium peaks form, about 1 to 2 minutes. (Alternatively, you can use a hand whisk and a large chilled bowl.)
- Whisk all of the ingredients until medium peaks form, about 5 to 6 minutes.)
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:1.3578260916731%

Nutrients (% of daily need)

Calories: 108.25kcal (5.41%), Fat: 10.82g (16.65%), Saturated Fat: 6.64g (41.47%), Carbohydrates: 2.39g (0.8%), Net Carbohydrates: 2.39g (0.87%), Sugar: 2.25g (2.5%), Cholesterol: 33.68mg (11.23%), Sodium: 10.33mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.92%), Vitamin A: 421.51IU (8.43%), Vitamin B2: 0.06mg (3.77%), Calcium: 28.32mg (2.83%), Vitamin D: 0.38µg (2.54%), Phosphorus: 22.59mg (2.26%), Vitamin E: 0.26mg (1.75%), Selenium: 1.15µg (1.65%), Potassium: 38.58mg (1.1%), Vitamin B12: 0.06µg (1.04%), Vitamin B5: 0.1mg (1.01%)