

Easy Whipped Cream

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



6

CALORIES



126 kcal

SIDE DISH

Ingredients

- 0.3 cup powdered sugar
- 0.5 cup cup heavy whipping cream chilled
- 0.5 cup cream sour
- 0.5 teaspoon vanilla extract

Equipment

- bowl
- hand mixer

Directions

- Combine the cream, sugar, sour cream and vanilla in a medium bowl. Use an electric mixer to whip to stiff (but not grainy) peaks. Chill until using. Use within one day.

Nutrition Facts

PROTEIN 3.22% **FAT 76.51%** **CARBS 20.27%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:1.4326086918945%

Nutrients (% of daily need)

Calories: 125.79kcal (6.29%), Fat: 10.88g (16.74%), Saturated Fat: 6.5g (40.61%), Carbohydrates: 6.48g (2.16%), Net Carbohydrates: 6.48g (2.36%), Sugar: 6.16g (6.85%), Cholesterol: 33.72mg (11.24%), Sodium: 11.43mg (0.5%), Alcohol: 0.11g (100%), Alcohol %: 0.33% (100%), Protein: 1.03g (2.06%), Vitamin A: 410.96IU (8.22%), Vitamin B2: 0.07mg (4.16%), Calcium: 32.53mg (3.25%), Phosphorus: 26.09mg (2.61%), Vitamin D: 0.32µg (2.12%), Selenium: 1.33µg (1.91%), Vitamin E: 0.26mg (1.7%), Potassium: 43.39mg (1.24%), Vitamin B12: 0.07µg (1.2%), Vitamin B5: 0.12mg (1.15%)