



Hot Cocoa Whipped Cream

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



282 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup heavy cream
- 3 tablespoons cocoa mix
- 3 tablespoons confectioner's sugar

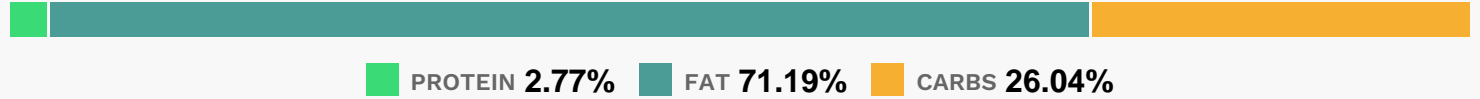
Equipment

- bowl
- hand mixer

Directions

- Pour the heavy cream into a large bowl.
- Sprinkle with the cocoa mix and up to 3 tablespoons confectioners sugar. Beat with an electric mixer on medium-high until soft peaks form, about 3 minutes.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:6.28, Inflammation Score:-5, Nutrition Score:2.635652186592%

Nutrients (% of daily need)

Calories: 281.95kcal (14.1%), Fat: 23.2g (35.69%), Saturated Fat: 14.81g (92.56%), Carbohydrates: 19.09g (6.36%), Net Carbohydrates: 18.64g (6.78%), Sugar: 17.47g (19.41%), Cholesterol: 67.24mg (22.41%), Sodium: 111.78mg (4.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.05%), Vitamin A: 875.89IU (17.52%), Vitamin B2: 0.11mg (6.68%), Vitamin D: 0.95µg (6.35%), Calcium: 50.61mg (5.06%), Vitamin E: 0.55mg (3.65%), Phosphorus: 34.51mg (3.45%), Selenium: 1.84µg (2.63%), Vitamin K: 1.9µg (1.81%), Fiber: 0.45g (1.8%), Potassium: 56.71mg (1.62%), Vitamin B12: 0.1µg (1.59%), Vitamin B5: 0.15mg (1.52%), Iron: 0.27mg (1.48%), Magnesium: 4.16mg (1.04%), Vitamin B6: 0.02mg (1.04%)