



How to Make Crème Fraîche (in One Easy Step!)



Vegetarian



Gluten Free



Popular

READY IN



720 min.

SERVINGS



8

CALORIES



203 kcal

SIDE DISH

Ingredients



2 tablespoons buttermilk



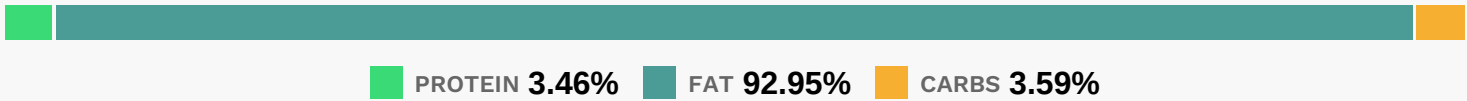
1 pint cup heavy whipping cream

Equipment

Directions

Combine buttermilk and heavy cream in non-reactive container. Cover and allow to rest at room temperature until thickened to desired texture, about 12 hours. Store in the refrigerator for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:3.88, Glycemic Load:0.06, Inflammation Score:-5, Nutrition Score:2.5560869739755%

Nutrients (% of daily need)

Calories: 203.42kcal (10.17%), Fat: 21.48g (33.04%), Saturated Fat: 13.68g (85.47%), Carbohydrates: 1.86g (0.62%), Net Carbohydrates: 1.86g (0.68%), Sugar: 1.91g (2.12%), Cholesterol: 67.25mg (22.42%), Sodium: 19.91mg (0.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.6%), Vitamin A: 875.65IU (17.51%), Vitamin B2: 0.12mg (6.92%), Vitamin D: 1µg (6.63%), Calcium: 43.35mg (4.33%), Phosphorus: 37.49mg (3.75%), Vitamin E: 0.55mg (3.65%), Selenium: 1.91µg (2.73%), Vitamin B12: 0.11µg (1.86%), Vitamin K: 1.9µg (1.81%), Potassium: 61.25mg (1.75%), Vitamin B5: 0.17mg (1.65%), Magnesium: 4.52mg (1.13%), Vitamin B6: 0.02mg (1.1%), Zinc: 0.16mg (1.04%)