

How to Make Homemade Crème Fraiche



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



1646 kcal

SIDE DISH

Ingredients



3 tablespoons cultured buttermilk



2 cups heavy cream

Equipment

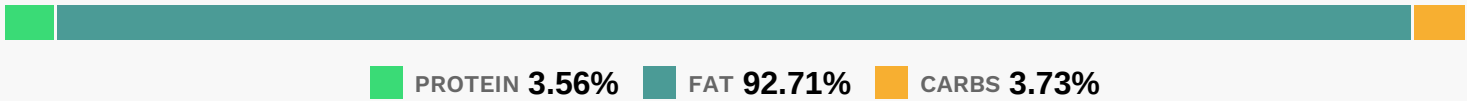


cheesecloth

Directions

Combine cream and buttermilk in a glass jar. Cover tightly with cheesecloth (or any breathable material) and let sit at room temperature (70 to 75 degrees F (21 to 24 degreesC)) for 24 hours. Stir, screw on lid, and refrigerate for 24 hours before using.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:0.68, Inflammation Score:-10, Nutrition Score:19.26956515079%

Nutrients (% of daily need)

Calories: 1646.3kcal (82.32%), Fat: 173.33g (266.65%), Saturated Fat: 110.33g (689.59%), Carbohydrates: 15.71g (5.24%), Net Carbohydrates: 15.71g (5.71%), Sugar: 16.1g (17.88%), Cholesterol: 542.83mg (180.94%), Sodium: 175.77mg (7.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.96g (29.93%), Vitamin A: 7071.45IU (141.43%), Vitamin B2: 0.97mg (57.19%), Vitamin D: 8.2µg (54.67%), Calcium: 365.91mg (36.59%), Phosphorus: 314.33mg (31.43%), Vitamin E: 4.41mg (29.4%), Selenium: 15.94µg (22.78%), Vitamin B12: 0.97µg (16.14%), Potassium: 512.95mg (14.66%), Vitamin K: 15.37µg (14.64%), Vitamin B5: 1.38mg (13.85%), Magnesium: 37.82mg (9.45%), Vitamin B6: 0.18mg (9.14%), Zinc: 1.31mg (8.76%), Vitamin B1: 0.12mg (7.76%), Folate: 21.29µg (5.32%), Vitamin C: 2.86mg (3.46%), Copper: 0.06mg (3.18%), Iron: 0.49mg (2.72%), Vitamin B3: 0.35mg (1.73%)