



## Lemon Whipped Cream

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



182 kcal

SIDE DISH

### Ingredients

- 1 tablespoon juice of lemon fresh
- 1 tablespoon lemon rind grated
- 2 tablespoons sugar
- 1 cup whipping cream

### Equipment

### Directions

- Beat whipping cream at high speed until foamy; gradually add sugar, lemon rind, and lemon juice, beating until soft peaks form.

## Nutrition Facts

**PROTEIN 2.96%** **FAT 83.03%** **CARBS 14.01%**

### Properties

Glycemic Index:14.02, Glycemic Load:3.35, Inflammation Score:-4, Nutrition Score:2.1900000139747%

### Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

### Nutrients (% of daily need)

Calories: 181.54kcal (9.08%), Fat: 17.21g (26.48%), Saturated Fat: 10.95g (68.44%), Carbohydrates: 6.53g (2.18%), Net Carbohydrates: 6.4g (2.33%), Sugar: 6.31g (7.01%), Cholesterol: 53.79mg (17.93%), Sodium: 13mg (0.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.76%), Vitamin A: 700.5IU (14.01%), Vitamin B2: 0.09mg (5.4%), Vitamin D: 0.76µg (5.08%), Vitamin C: 2.99mg (3.63%), Calcium: 33.25mg (3.33%), Vitamin E: 0.45mg (2.97%), Phosphorus: 27.99mg (2.8%), Selenium: 1.47µg (2.1%), Vitamin K: 1.52µg (1.45%), Potassium: 50.33mg (1.44%), Vitamin B5: 0.13mg (1.29%), Vitamin B12: 0.08µg (1.27%), Vitamin B6: 0.02mg (1.01%)