



## Make-Ahead Whipped Cream

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



5

CALORIES



546 kcal

SIDE DISH

### Ingredients

- 1 tablespoon cornstarch
- 0.3 cup granulated sugar
- 3 cups cup heavy whipping cream cold
- 1.5 teaspoons vanilla extract

### Equipment

- bowl
- frying pan
- sauce pan

- whisk
- stand mixer

## Directions

- Place the sugar and cornstarch in a small saucepan. While stirring constantly, pour in 3/4 cup of the cream.
- Place the pan over medium heat and, stirring constantly, bring to a boil (it will be lumpy, but will smooth out).
- Remove from the heat, stir in the vanilla, and let cool completely, about 45 minutes. Meanwhile, place the remaining 2 1/4 cups cream in the bowl of a stand mixer and refrigerate. When the cornstarch mixture has cooled, fit the chilled bowl of cream onto the stand mixer. Using the whisk attachment, whisk on medium speed until tracks begin to show in the cream, about 2 minutes. With the mixer still on, slowly add the cornstarch mixture and continue whisking until stiff peaks form, about 1 to 2 minutes more. The whipped cream can be refrigerated in an airtight container for up to 3 days or left out at room temperature for up to 3 hours.

## Nutrition Facts

**PROTEIN 2.92%** **FAT 83.46%** **CARBS 13.62%**

## Properties

Glycemic Index:14.02, Glycemic Load:9.31, Inflammation Score:-8, Nutrition Score:5.9199999880208%

## Nutrients (% of daily need)

Calories: 546.41kcal (27.32%), Fat: 51.6g (79.38%), Saturated Fat: 32.84g (205.28%), Carbohydrates: 18.95g (6.32%), Net Carbohydrates: 18.93g (6.88%), Sugar: 17.63g (19.59%), Cholesterol: 161.36mg (53.79%), Sodium: 38.94mg (1.69%), Alcohol: 0.41g (100%), Alcohol %: 0.33% (100%), Protein: 4.06g (8.12%), Vitamin A: 2099.16IU (41.98%), Vitamin B2: 0.27mg (16.01%), Vitamin D: 2.28µg (15.23%), Calcium: 94.55mg (9.45%), Vitamin E: 1.31mg (8.76%), Phosphorus: 83.1mg (8.31%), Selenium: 4.41µg (6.3%), Vitamin K: 4.57µg (4.35%), Potassium: 137.75mg (3.94%), Vitamin B12: 0.23µg (3.81%), Vitamin B5: 0.36mg (3.65%), Magnesium: 10.19mg (2.55%), Vitamin B6: 0.05mg (2.51%), Zinc: 0.35mg (2.31%), Vitamin B1: 0.03mg (1.91%), Folate: 5.71µg (1.43%), Vitamin C: 0.86mg (1.04%)