



Marshmallow Whipped Cream

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



52 kcal

SIDE DISH

Ingredients

- 0.5 cup marshmallows miniature
- 1 tablespoon powdered sugar
- 0.5 cup whipping cream

Equipment

- hand mixer

Directions

Beat whipping cream at medium–high speed with an electric mixer until foamy; gradually add powdered sugar, beating until soft peaks form. Fold in marshmallows.

Serve immediately, or cover and chill up to 2 hours.

Nutrition Facts

PROTEIN 2.89% **FAT 73.15%** **CARBS 23.96%**

Properties

Glycemic Index:6.05, Glycemic Load:1.23, Inflammation Score:-1, Nutrition Score:0.50434782817636%

Nutrients (% of daily need)

Calories: 51.52kcal (2.58%), Fat: 4.3g (6.62%), Saturated Fat: 2.74g (17.11%), Carbohydrates: 3.17g (1.06%), Net Carbohydrates: 3.17g (1.15%), Sugar: 2.57g (2.86%), Cholesterol: 13.45mg (4.48%), Sodium: 5.23mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.77%), Vitamin A: 174.93IU (3.5%), Vitamin B2: 0.02mg (1.33%), Vitamin D: 0.19µg (1.27%)