



Mascarpone Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



240 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup heavy cream
- ☐ 8 oz mascarpone cheese
- ☐ 3 tablespoons sugar
- ☐ 1 teaspoon vanilla extract

Equipment

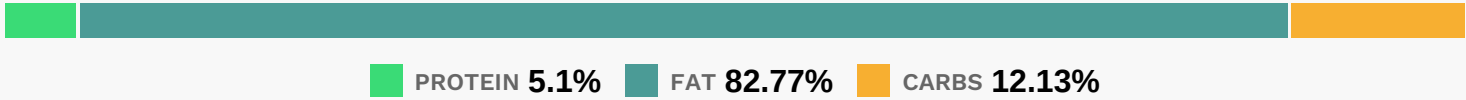
- ☐ whisk
- ☐ hand mixer

Directions

☐

Whisk together mascarpone cheese, cream, sugar, and vanilla until blended. (Do not use an electric mixer.)

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:4.19, Inflammation Score:-4, Nutrition Score:1.2521739169631%

Nutrients (% of daily need)

Calories: 240.07kcal (12%), Fat: 21.8g (33.54%), Saturated Fat: 13.63g (85.16%), Carbohydrates: 7.19g (2.4%), Net Carbohydrates: 7.19g (2.62%), Sugar: 6.46g (7.18%), Cholesterol: 52.74mg (17.58%), Sodium: 24.48mg (1.06%), Alcohol: 0.23g (100%), Alcohol %: 0.5% (100%), Protein: 3.02g (6.04%), Vitamin A: 723.56IU (14.47%), Calcium: 61.78mg (6.18%), Vitamin B2: 0.03mg (1.57%), Vitamin D: 0.21µg (1.41%)