

Mascarpone Cream



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



197 kcal

SIDE DISH

Ingredients

- ☐ 8 oz mascarpone cheese
- ☐ 0.3 cup powdered sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup whipping cream

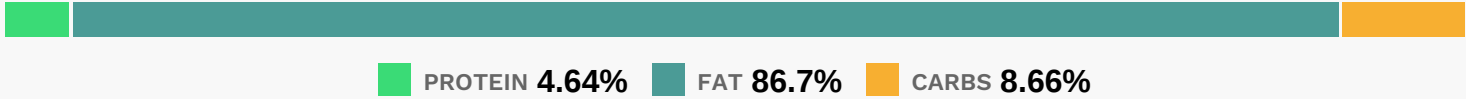
Equipment

- ☐ bowl
- ☐ whisk
- ☐ hand mixer

Directions

- ☐
- Whisk together mascarpone cheese, powdered sugar, and vanilla in a large bowl just until blended. Beat whipping cream at medium speed with an electric mixer until stiff peaks form. Fold whipped cream into mascarpone mixture.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:1.409565244032%

Nutrients (% of daily need)

Calories: 196.95kcal (9.85%), Fat: 18.8g (28.92%), Saturated Fat: 11.82g (73.9%), Carbohydrates: 4.22g (1.41%), Net Carbohydrates: 4.22g (1.54%), Sugar: 3.73g (4.14%), Cholesterol: 49.57mg (16.52%), Sodium: 19.03mg (0.83%), Alcohol: 0.28g (100%), Alcohol %: 0.69% (100%), Protein: 2.26g (4.53%), Vitamin A: 667.37IU (13.35%), Calcium: 47.58mg (4.76%), Vitamin B2: 0.05mg (2.71%), Vitamin D: 0.38µg (2.54%), Vitamin E: 0.22mg (1.46%), Phosphorus: 13.85mg (1.39%), Selenium: 0.73µg (1.05%)