



Nesquik® Chocolate Whip Topping

 Vegetarian

READY IN



10 min.

SERVINGS



6

CALORIES



154 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon confectioners' sugar
- ☐ 1 cup heavy whipping cream
- ☐ 3 tablespoons powdered chocolate drink mix nesquik® such as
- ☐ 1 teaspoon vanilla extract

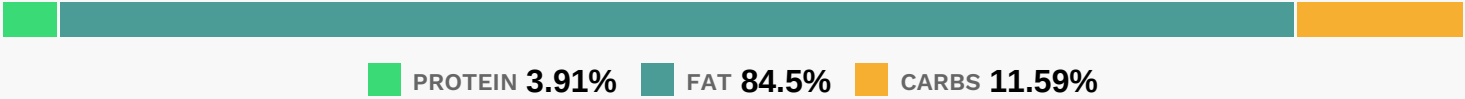
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

☐ Pour cream into a small bowl. Beat vanilla extract, confectioners' sugar, chocolate drink mix, and whipped cream stabilizer into cream with an electric mixer on high until soft but firm peaks form. Lift your beater straight up: the whipped topping will form soft, pointed peaks.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:2.0595652089333%

Nutrients (% of daily need)

Calories: 153.74kcal (7.69%), Fat: 14.58g (22.43%), Saturated Fat: 9.25g (57.84%), Carbohydrates: 4.5g (1.5%), Net Carbohydrates: 4.5g (1.64%), Sugar: 3.86g (4.28%), Cholesterol: 45.48mg (15.16%), Sodium: 21.93mg (0.95%), Alcohol: 0.23g (100%), Alcohol %: 0.65% (100%), Protein: 1.52g (3.04%), Vitamin A: 589.26IU (11.79%), Vitamin B2: 0.1mg (5.93%), Vitamin D: 0.63µg (4.23%), Calcium: 34.46mg (3.45%), Phosphorus: 32.89mg (3.29%), Vitamin E: 0.37mg (2.5%), Selenium: 1.65µg (2.36%), Potassium: 59.54mg (1.7%), Vitamin B1: 0.02mg (1.46%), Vitamin B12: 0.09µg (1.42%), Vitamin K: 1.42µg (1.35%), Magnesium: 5.41mg (1.35%), Vitamin B6: 0.03mg (1.27%), Vitamin B5: 0.12mg (1.19%)