



"Never Weep" Whipped Cream



Vegetarian



Gluten Free



Popular

READY IN



5 min.

SERVINGS



6

CALORIES



290 kcal

SIDE DISH

Ingredients

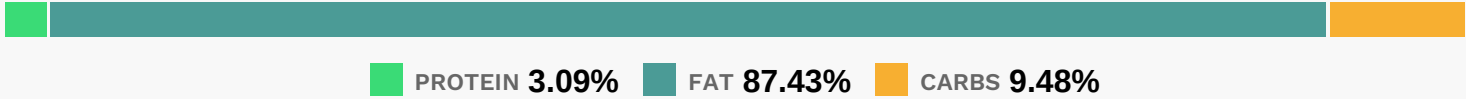
- ☐ 1 teaspoon powdered sugar sweetened for whipped cream to taste
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 tablespoons vanilla pudding mix dry instant for future use (1 box does 3 batches of whipped (fold over paper envelope it comes in and keep)
- ☐ 1 pint whipping cream

Equipment

Directions

- ☐
- Whip all ingredients together until firm peaks form.2 Cover leftovers tightly, preferably in an air-tight plastic container.3 This stays the same consistency until used.4 It will keep for a week in the fridge without deflating.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:0.06, Inflammation Score:-6, Nutrition Score:3.2886956541435%

Nutrients (% of daily need)

Calories: 289.92kcal (14.5%), Fat: 28.67g (44.11%), Saturated Fat: 18.26g (114.11%), Carbohydrates: 6.99g (2.33%), Net Carbohydrates: 6.96g (2.53%), Sugar: 6.32g (7.02%), Cholesterol: 89.75mg (29.92%), Sodium: 52.69mg (2.29%), Alcohol: 0.11g (100%), Alcohol %: 0.17% (100%), Protein: 2.28g (4.56%), Vitamin A: 1164.99IU (23.3%), Vitamin B2: 0.15mg (8.81%), Vitamin D: 1.27µg (8.43%), Calcium: 53.17mg (5.32%), Vitamin E: 0.73mg (4.87%), Phosphorus: 46.6mg (4.66%), Selenium: 2.42µg (3.46%), Vitamin K: 2.54µg (2.42%), Potassium: 77.62mg (2.22%), Vitamin B12: 0.13µg (2.14%), Vitamin B5: 0.2mg (2.04%), Magnesium: 5.65mg (1.41%), Vitamin B6: 0.03mg (1.4%), Zinc: 0.19mg (1.29%), Vitamin B1: 0.02mg (1.07%)