



Orange Whipped Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



109 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon orange liqueur
- ☐ 3 tablespoons powdered sugar
- ☐ 0.5 cup whipping cream

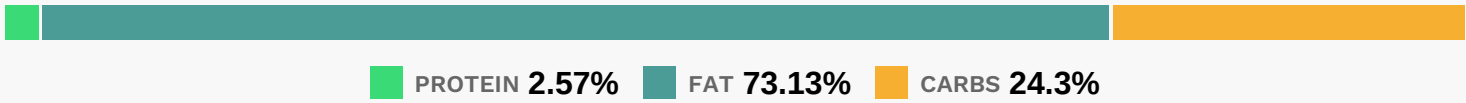
Equipment

- ☐ hand mixer

Directions

- ☐
- Beat all ingredients at medium speed with an electric mixer until soft peaks form. Chill until ready to serve.
- ☐
- Note: You can serve this recipe with Chocolate Mousse With Orange Liqueur.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:0.99608696203517%

Nutrients (% of daily need)

Calories: 108.83kcal (5.44%), Fat: 8.6g (13.23%), Saturated Fat: 5.48g (34.23%), Carbohydrates: 6.43g (2.14%), Net Carbohydrates: 6.43g (2.34%), Sugar: 6.36g (7.06%), Cholesterol: 26.89mg (8.96%), Sodium: 6.76mg (0.29%), Alcohol: 0.78g (100%), Alcohol %: 3.13% (100%), Protein: 0.68g (1.36%), Vitamin A: 349.86IU (7%), Vitamin B2: 0.05mg (2.71%), Vitamin D: 0.38µg (2.54%), Calcium: 15.79mg (1.58%), Vitamin E: 0.22mg (1.46%), Phosphorus: 13.98mg (1.4%), Selenium: 0.75µg (1.07%)