

Pumpkin Whipped Cream

 **Gluten Free**

READY IN



5 min.

SERVINGS



8

CALORIES



135 kcal

SIDE DISH

Ingredients

- 1 teaspoon cinnamon
- 0.3 cup powdered sugar
- 1 cup cup heavy whipping cream
- 3 tablespoons pumpkin puree
- 1 teaspoon vanilla extract
- 8 servings whipped cream

Equipment

- mixing bowl

Directions

Original recipe posted here: <http://sallycooks.com/2013/11/22/chocolate-tart-with-a-bourbon-glaze-and-pumpkin-whipped-cream/> and many more at <http://sallycooks.com>
What to do: chill mixing bowl and beater in the freezer for 10 minutes beat cream with sugar until soft peaks form add vanilla, spices and pumpkin puree beat to stiff peaks, about 1 to 2 minutes longer and spoon on top of tart, sprinkle with cocoa powder or cinnamon

Nutrition Facts



PROTEIN 3.23% **FAT 79.15%** **CARBS 17.62%**

Properties

Glycemic Index:7.5, Glycemic Load:0.42, Inflammation Score:-7, Nutrition Score:2.5656521786814%

Nutrients (% of daily need)

Calories: 135.13kcal (6.76%), Fat: 12.09g (18.6%), Saturated Fat: 7.68g (48.01%), Carbohydrates: 6.06g (2.02%), Net Carbohydrates: 5.76g (2.09%), Sugar: 5.27g (5.86%), Cholesterol: 38.18mg (12.73%), Sodium: 8.94mg (0.39%), Alcohol: 0.17g (100%), Alcohol %: 0.48% (100%), Protein: 1.11g (2.22%), Vitamin A: 1354.58IU (27.09%), Vitamin B2: 0.06mg (3.77%), Vitamin D: 0.5µg (3.33%), Calcium: 29.75mg (2.98%), Manganese: 0.05mg (2.69%), Vitamin E: 0.38mg (2.52%), Phosphorus: 24.75mg (2.48%), Vitamin K: 2.04µg (1.95%), Selenium: 1.03µg (1.47%), Potassium: 50.56mg (1.44%), Fiber: 0.3g (1.18%), Vitamin B5: 0.12mg (1.18%), Vitamin B12: 0.06µg (1.08%), Magnesium: 4.25mg (1.06%)