



Stabilized Whipped Cream Icing

 Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



109 kcal

FROSTING

ICING

Ingredients

- ☐ 1 teaspoon gelatin powder unflavored
- ☐ 1 cup heavy whipping cream
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup water cold
- ☐ 1 tablespoon sugar white

Equipment

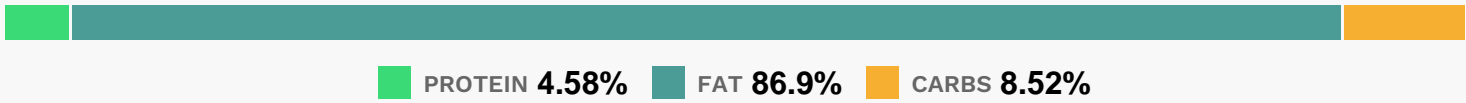
- ☐ bowl
- ☐ mixing bowl

☐ microwave

Directions

- ☐ Chill mixing bowl and beaters for at least 15 minutes before using.
- ☐ Place water in a small microwave-safe bowl.
- ☐ Sprinkle gelatin over water and allow to soften 5 minutes.
- ☐ Dissolve gelatin by microwaving for 3 minutes, stirring after every minute.
- ☐ Remove from microwave and let stand at room temperature for 10 minutes; gelatin must be liquid but not warm when added to cream.
- ☐ Remove bowl and beaters from refrigerator and pour in cream, sugar, and vanilla extract. Beat together just until beater marks begin to show distinctly.
- ☐ Add gelatin mixture to cream, pouring in a steady stream while beating constantly. Beat until stiff peaks form. Use immediately.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:1.05, Inflammation Score:-3, Nutrition Score:1.2813043581403%

Nutrients (% of daily need)

Calories: 109.32kcal (5.47%), Fat: 10.75g (16.53%), Saturated Fat: 6.84g (42.77%), Carbohydrates: 2.37g (0.79%), Net Carbohydrates: 2.37g (0.86%), Sugar: 2.4g (2.66%), Cholesterol: 33.62mg (11.21%), Sodium: 9.42mg (0.41%), Alcohol: 0.09g (100%), Alcohol %: 0.28% (100%), Protein: 1.27g (2.55%), Vitamin A: 437.33IU (8.75%), Vitamin B2: 0.06mg (3.39%), Vitamin D: 0.48µg (3.17%), Calcium: 20.17mg (2.02%), Vitamin E: 0.27mg (1.82%), Phosphorus: 17.47mg (1.75%), Selenium: 1.1µg (1.57%)