



## Sweetened Condensed Milk Chantilly



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



94 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 1 cup heavy cream
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons condensed milk sweetened

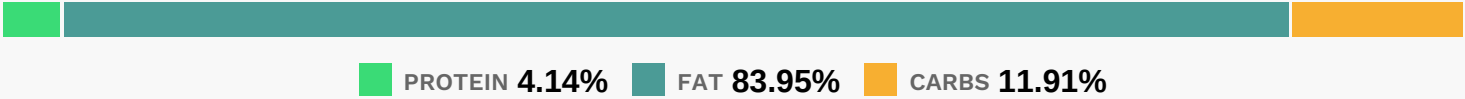
### Equipment

- ☐ whisk
- ☐ stand mixer

## Directions

- ☐
- Whisk cream using a heavy-duty stand mixer until soft peaks form.
- ☐
- Add condensed milk and salt, and whisk until medium-soft peaks form. (When you lift whisk from cream, a peak should form and the tip should fall back down.) Use immediately.

## Nutrition Facts



## Properties

Glycemic Index:6.1, Glycemic Load:1.33, Inflammation Score:-2, Nutrition Score:1.2639130466496%

## Nutrients (% of daily need)

Calories: 93.76kcal (4.69%), Fat: 8.94g (13.75%), Saturated Fat: 5.69g (35.59%), Carbohydrates: 2.85g (0.95%), Net Carbohydrates: 2.85g (1.04%), Sugar: 2.87g (3.19%), Cholesterol: 28.25mg (9.42%), Sodium: 40.57mg (1.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.98%), Vitamin A: 360.54IU (7.21%), Vitamin B2: 0.06mg (3.61%), Calcium: 27.09mg (2.71%), Vitamin D: 0.39µg (2.59%), Phosphorus: 23.92mg (2.39%), Selenium: 1.31µg (1.87%), Vitamin E: 0.23mg (1.5%), Potassium: 37.46mg (1.07%)