



Vegan Mock Whip Cream



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



613 kcal

SIDE DISH

Ingredients



0.5 cup crisco shortening (soy)



1 cup super granulated sugar fine



0.3 tsp salt



0.5 cup earth balance buttery spread (soy)



1 cup super silk soymilk hot (soy)



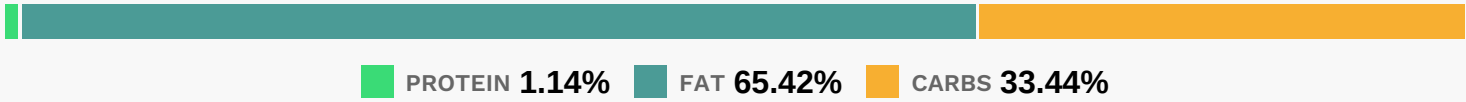
1 tsp vanilla

Equipment

Directions

- ☐ Cream butter, shortening and sugar together. Make sure its nice and fluffy and then add the salt and vanilla.
- ☐ Mix again until really fluffy.
- ☐ Add about 1/4 of the hot soymilk and fully incorporate. Must be hot to help break down sugar granules and achieve the right texture for the whip cream.
- ☐ Add the other 1/4 cup hot soymilk and keep doing the same until the entire cup has been incorporated. This should take about 6–7 minutes from start to finish.

Nutrition Facts



Properties

Glycemic Index:25.88, Glycemic Load:35.51, Inflammation Score:-7, Nutrition Score:8.0991304000921%

Nutrients (% of daily need)

Calories: 613.3kcal (30.66%), Fat: 45.22g (69.57%), Saturated Fat: 11.24g (70.27%), Carbohydrates: 52.01g (17.34%), Net Carbohydrates: 51.77g (18.83%), Sugar: 51.53g (57.25%), Cholesterol: 0mg (0%), Sodium: 358.96mg (15.61%), Alcohol: 0.36g (100%), Alcohol %: 0.28% (100%), Protein: 1.77g (3.55%), Vitamin E: 8.52mg (56.81%), Vitamin K: 29.31µg (27.92%), Vitamin A: 1310.74IU (26.21%), Vitamin B12: 0.64µg (10.62%), Vitamin B3: 1.95mg (9.73%), Calcium: 83.56mg (8.36%), Vitamin B2: 0.13mg (7.52%), Vitamin B6: 0.14mg (6.9%), Vitamin C: 4.25mg (5.15%), Folate: 18.88µg (4.72%), Vitamin D: 0.71µg (4.72%), Copper: 0.08mg (3.85%), Vitamin B1: 0.04mg (2.79%), Potassium: 93.68mg (2.68%), Selenium: 1.66µg (2.37%), Iron: 0.33mg (1.86%), Vitamin B5: 0.17mg (1.75%)