

# Whipped Cream

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



16

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 tablespoon powdered sugar
- 1 cup cup heavy whipping cream
- 1 teaspoon vanilla extract

## Equipment

- bowl

## Directions

In a large bowl, whip cream until stiff peaks are just about to form. Beat in vanilla and sugar until peaks form. Make sure not to over-beat, cream will then become lumpy and butter-like.

## Nutrition Facts



**PROTEIN 3.14%** **FAT 89.78%** **CARBS 7.08%**

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.6156521703562%

## Nutrients (% of daily need)

Calories: 53.24kcal (2.66%), Fat: 5.37g (8.26%), Saturated Fat: 3.42g (21.38%), Carbohydrates: 0.95g (0.32%), Net Carbohydrates: 0.95g (0.35%), Sugar: 0.95g (1.06%), Cholesterol: 16.81mg (5.6%), Sodium: 4.05mg (0.18%), Alcohol: 0.09g (100%), Alcohol %: 0.7% (100%), Protein: 0.42g (0.85%), Vitamin A: 218.66IU (4.37%), Vitamin B2: 0.03mg (1.66%), Vitamin D: 0.24µg (1.59%)