



## Whipped Cream Filling

 Gluten Free

READY IN



11 min.

SERVINGS



8

CALORIES



209 kcal

SIDE DISH

### Ingredients

- 1.5 tablespoons powdered sugar
- 1 teaspoon gelatin powder unflavored
- 1 pint cup heavy whipping cream
- 1 tablespoon water cold

### Equipment

### Directions

Whip cream with confectioners' sugar until soft peaks form. Dissolve gelatin in water over low heat.

Remove from heat, allow to cool slightly, then whip into cream until stiff peaks form.

## Nutrition Facts

**PROTEIN 3.95%** **FAT 90.09%** **CARBS 5.96%**

### Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:2.4826086783863%

### Nutrients (% of daily need)

Calories: 208.61kcal (10.43%), Fat: 21.35g (32.85%), Saturated Fat: 13.6g (85.03%), Carbohydrates: 3.18g (1.06%), Net Carbohydrates: 3.18g (1.16%), Sugar: 3.19g (3.55%), Cholesterol: 66.84mg (22.28%), Sodium: 17.07mg (0.74%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 2.11g (4.22%), Vitamin A: 869.46IU (17.39%), Vitamin B2: 0.11mg (6.63%), Vitamin D: 0.95µg (6.31%), Calcium: 39.38mg (3.94%), Vitamin E: 0.54mg (3.63%), Phosphorus: 34.5mg (3.45%), Selenium: 1.98µg (2.83%), Vitamin K: 1.89µg (1.8%), Potassium: 56.3mg (1.61%), Vitamin B12: 0.09µg (1.58%), Vitamin B5: 0.15mg (1.51%), Magnesium: 4.27mg (1.07%), Vitamin B6: 0.02mg (1.04%)