



WHATSheATE



Whipped Pumpkin Cream



Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



158 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup pumpkin puree homemade canned
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 1.5 cups heavy whipping cream chilled
- ☐ 1 tablespoon stevia sugar substitute such as truvia
- ☐ 1 teaspoon vanilla extract pure

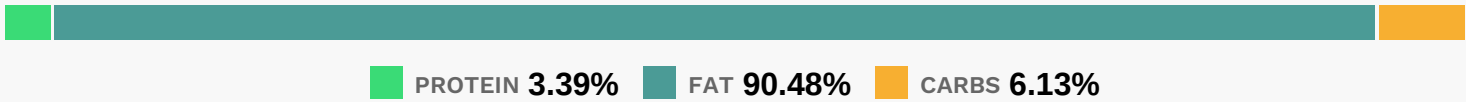
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ Add the heavy cream to a large bowl. Beat with an electric hand mixer on medium speed until it just begins to thicken, and then sprinkle the stevia over the top. Continue beating until soft peaks appear, and then add the pumpkin, vanilla, cinnamon, allspice and cloves and continue to beat until stiff peaks appear. Use about half of the whipped cream as a topping for cheesecake.
- ☐ Put the remaining whipped cream in a small bowl to pass around with other desserts.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:0.18, Inflammation Score:-8, Nutrition Score:3.3373913557633%

Nutrients (% of daily need)

Calories: 157.59kcal (7.88%), Fat: 16.14g (24.83%), Saturated Fat: 10.28g (64.24%), Carbohydrates: 2.46g (0.82%), Net Carbohydrates: 2.15g (0.78%), Sugar: 1.92g (2.14%), Cholesterol: 50.43mg (16.81%), Sodium: 12.62mg (0.55%), Alcohol: 0.17g (100%), Alcohol %: 0.41% (100%), Protein: 1.36g (2.73%), Vitamin A: 1848.29IU (36.97%), Vitamin B2: 0.09mg (5.22%), Vitamin D: 0.71µg (4.76%), Calcium: 33.36mg (3.34%), Vitamin E: 0.5mg (3.32%), Phosphorus: 28.78mg (2.88%), Manganese: 0.06mg (2.77%), Vitamin K: 2.74µg (2.61%), Selenium: 1.38µg (1.97%), Potassium: 60.43mg (1.73%), Vitamin B5: 0.15mg (1.45%), Magnesium: 5.18mg (1.3%), Fiber: 0.31g (1.25%), Vitamin B12: 0.07µg (1.19%), Vitamin B6: 0.02mg (1.02%)