



Whisky cream



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



127 kcal

SIDE DISH

Ingredients

- ☐ 284 ml carton double cream
- ☐ 1 tbsp whisky
- ☐ 1 tsp icing sugar

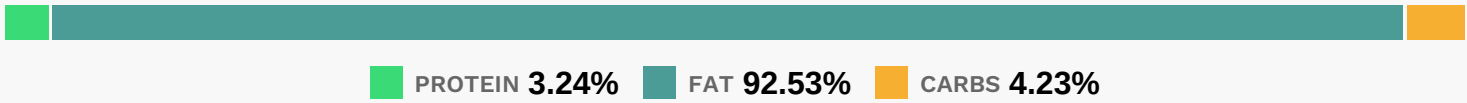
Equipment

- ☐ bowl

Directions

- ☐
- Pour the cream into a large bowl and the whisky and icing sugar. Whip until the cream just holds its shape.
- ☐
- Serve alongside the your pudding.

Nutrition Facts



Properties

Glycemic Index:1.88, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:1.4704347793013%

Nutrients (% of daily need)

Calories: 127.32kcal (6.37%), Fat: 12.89g (19.83%), Saturated Fat: 8.21g (51.34%), Carbohydrates: 1.33g (0.44%), Net Carbohydrates: 1.33g (0.48%), Sugar: 1.35g (1.5%), Cholesterol: 40.35mg (13.45%), Sodium: 9.65mg (0.42%), Alcohol: 0.68g (100%), Alcohol %: 2.26% (100%), Protein: 1.01g (2.03%), Vitamin A: 524.96IU (10.5%), Vitamin B2: 0.07mg (3.95%), Vitamin D: 0.57µg (3.81%), Calcium: 23.57mg (2.36%), Vitamin E: 0.33mg (2.19%), Phosphorus: 20.77mg (2.08%), Selenium: 1.07µg (1.53%), Vitamin K: 1.14µg (1.09%)