

White Chocolate-Sambuca Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



280 kcal

SIDE DISH

Ingredients

- 1 teaspoon vanilla extract
- 2 cups whipping cream chilled
- 4 ounces chocolate white chopped
- 2 tablespoons sambuca
- 2 tablespoons sambuca

Equipment

- bowl
- sauce pan

Directions

- Combine 1/3 cup whipping cream and chocolate in medium metal bowl. Set over saucepan of barely simmering water (do not let bottom of bowl touch water). Stir until mixture is smooth.
- Remove from over water. Cool 15 minutes. Beat remaining 1 2/3 cups whipping cream, sambuca and vanilla in large bowl until soft peaks form. Fold 1/4 of whipped cream into white chocolate mixture to lighten. Fold in remaining whipped cream in 2 additions. Chill topping up to 8 hours.

Nutrition Facts

PROTEIN 3.54% **FAT 82.22%** **CARBS 14.24%**

Properties

Glycemic Index:8.75, Glycemic Load:5.85, Inflammation Score:-5, Nutrition Score:3.2313043371491%

Nutrients (% of daily need)

Calories: 280.14kcal (14.01%), Fat: 26.03g (40.05%), Saturated Fat: 16.43g (102.72%), Carbohydrates: 10.14g (3.38%), Net Carbohydrates: 10.12g (3.68%), Sugar: 10.16g (11.29%), Cholesterol: 70.21mg (23.4%), Sodium: 28.87mg (1.26%), Alcohol: 0.17g (100%), Alcohol %: 0.29% (100%), Protein: 2.52g (5.04%), Vitamin A: 878.9IU (17.58%), Vitamin B2: 0.15mg (8.96%), Calcium: 67.53mg (6.75%), Vitamin D: 0.95µg (6.35%), Phosphorus: 59.49mg (5.95%), Vitamin E: 0.68mg (4.56%), Selenium: 2.42µg (3.46%), Vitamin K: 3.19µg (3.04%), Vitamin B12: 0.17µg (2.91%), Potassium: 97.8mg (2.79%), Vitamin B5: 0.24mg (2.38%), Zinc: 0.25mg (1.65%), Magnesium: 5.93mg (1.48%), Vitamin B6: 0.03mg (1.44%), Vitamin B1: 0.02mg (1.39%)