



White Velvet

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



739 kcal

SIDE DISH

Ingredients

- 1 tablespoon gelatin powder unflavored
- 1 pint heavy cream
- 1 pinch salt
- 1 pint cup heavy whipping cream sour
- 2 tablespoons water cold
- 0.5 cup sugar white

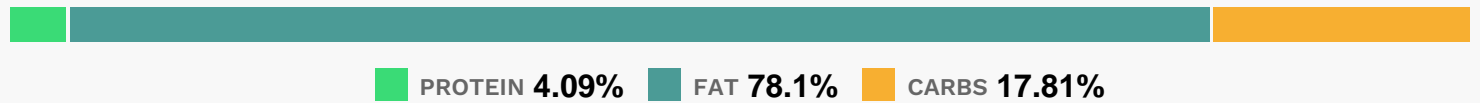
Equipment

- sauce pan

Directions

- In medium saucepan, heat cream over medium heat until bubbles form at edges. Stir in sugar and salt.
- Remove from heat and set aside.
- Sprinkle gelatin over cold water to soften. Stir gelatin mixture into sour cream; then stir sour cream mixture into sweetened cream.
- Pour into a small mold and chill in refrigerator until set.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:17.45, Inflammation Score:-8, Nutrition Score:8.8047826938007%

Nutrients (% of daily need)

Calories: 738.53kcal (36.93%), Fat: 65.73g (101.13%), Saturated Fat: 39.16g (244.73%), Carbohydrates: 33.74g (11.25%), Net Carbohydrates: 33.74g (12.27%), Sugar: 32.44g (36.04%), Cholesterol: 203.47mg (67.82%), Sodium: 82.36mg (3.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.74g (15.49%), Vitamin A: 2475.89IU (49.52%), Vitamin B2: 0.43mg (25.29%), Calcium: 198.99mg (19.9%), Phosphorus: 159.2mg (15.92%), Vitamin D: 1.89µg (12.62%), Selenium: 8.77µg (12.52%), Vitamin E: 1.54mg (10.25%), Potassium: 261.03mg (7.46%), Vitamin B12: 0.44µg (7.29%), Vitamin B5: 0.7mg (7.01%), Vitamin K: 5.56µg (5.3%), Magnesium: 20.57mg (5.14%), Zinc: 0.68mg (4.53%), Vitamin B6: 0.09mg (4.5%), Copper: 0.08mg (3.75%), Vitamin B1: 0.05mg (3.18%), Folate: 12.35µg (3.09%), Vitamin C: 1.77mg (2.15%), Iron: 0.23mg (1.3%)