



Healthdor

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Vanilla Crème With Whipped Cream

A delicious vanilla crème dessert topped with whipped cream. This dessert is creamy, sweet, and perfect for any occasion.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

2 tsp	Vanilla Extract
0.5 c	Sugar
2 c	heavy cream
1 c	milk
2 tbsp	Cornstarch

Directions

Step 1

Stove

In a saucepan, combine the sugar and cornstarch.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Gradually whisk in the milk and heavy cream.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Stove

Cook over medium heat, stirring constantly, until the mixture thickens.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Remove from heat and stir in the vanilla extract.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Refrigerating

Pour the mixture into serving bowls and refrigerate until set.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Serve chilled with whipped cream on top.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 2 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	0 g	0%	0%
Sugars	20 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	15 g	53.57%	60%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	40 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	8 mg	0.8%	0.8%
Iron	2 mg	25%	11.11%
Potassium	100 mg	2.94%	3.85%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Events

Christmas Easter Birthday

Course

Desserts Breads Snacks Sauces & Dressings

Cultural

Halloween

Cost

Under \$10

Demographics

Senior Friendly Teen Friendly Allergy Friendly Heart Healthy

Diet

The Whole30 Diet Low Carb, High Fat (LCHF) Diet Slow Carb Diet
Vegetarian Diet Vegan Diet Pescatarian Diet Ovo-Vegetarian Diet

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

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