



Healthdor

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Whipped Topping ♦

A creamy and fluffy topping used to enhance the taste and presentation of various desserts.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 10

Serving Size: 20 g

Ingredients

1 c	Heavy Cream
0.25 c	powdered sugar
1 tsp	vanilla extract

Directions

Step 1

Mixing

In a mixing bowl, beat the heavy cream until soft peaks form.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

Add powdered sugar and vanilla extract to the bowl. Continue beating until stiff peaks form.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 51 kcal

Fat: 5 g

Protein: 0 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	0 g	0%	0%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	0 g	0%	0%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	5 g	17.86%	20%
Cholesterol	27 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	5 iu	0.56%	0.71%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	2 mg	0.09%	0.09%
Calcium	1 mg	0.1%	0.1%
Iron	0 mg	0%	0%
Potassium	1 mg	0.03%	0.04%
Zinc	0 mg	0%	0%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Events

Christmas

Course

Desserts

Sauces & Dressings

Cultural

Chinese New Year

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

Heart Healthy

Diet

Weight Watchers (WW) Diet

The Whole30 Diet

Zone Diet

Nordic Diet

Vegetarian Diet

Vegan Diet

Ovo-Vegetarian Diet

Blood Type Diet

Anti-Inflammatory Diet

Low Sodium Diet

Nutrient Timing Diet

Meal Type

Lunch

Dinner

Snack

Supper

Difficulty Level

Easy

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