

SPICED WHIPPED CREAM

Use this to top pound cake and fresh fruit, a pumpkin pie, spiced apples, PSL...the options are endless.

 5 minutes 5 minutes 12 portions

INGREDIENTS

- 2 cups heavy whipping cream
- 5 tablespoons powdered sugar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg

COOKING METHOD

- 1° In a stand mixer with the whisk attachment, beat the whipped cream at high speed until foamy; not quite at the point where peaks start to form.
- 2° Using a sieve (fine mesh strainer), sift the powdered sugar and spices into the cream. Continue to whisk until as firm as desired.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [24 g]	% DRI
ENERGY	347 kcal	82 kcal	4 %
FAT	31 g	7 g	11 %
FATTY ACIDS, TOTAL SATURATED	20 g	5 g	23 %
CHOLESTEROL	96 mg	23 mg	8 %
SODIUM	23 mg	6 mg	0 %
CARBOHYDRATE	17 g	4 g	1 %
SUGARS	16 g	4 g	—
FIBER	1 g	0 g	1 %
PROTEIN	2 g	1 g	—