

Almond Whipped Cream

What's Cooking II

North American Institute of Modern Cuisine

Yield: 2 1/2 cups

2 cups heavy cream

1/2 teaspoon almond extract

3 tablespoons roasted slivered almonds

Refrigerate the cream and mixer bowl.

In a mixer bowl, at moderate speed, whip the cream for a few minutes.

Add the extract. At high speed, whip until stiff peaks form.

Fold in the almonds.

Per Serving (excluding unknown items): 1644 Calories; 176g Fat (94.5% calories from fat); 10g Protein; 13g Carbohydrate; 0g Dietary Fiber; 653mg Cholesterol; 179mg Sodium. Exchanges: 1 1/2 Non-Fat Milk; 35 Fat.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1644	Vitamin B6 (mg):	.1mg
% Calories from Fat:	94.5%	Vitamin B12 (mcg):	.8mcg
% Calories from Carbohydrates:	3.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	2.3%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	176g	Folacin (mcg):	18mcg
Saturated Fat (g):	110g	Niacin (mg):	trace
Monounsaturated Fat (g):	51g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	7g	Alcohol (kcal):	3
Cholesterol (mg):	653mg	% Refuse:	n n%
Carbohydrate (g):	13g	Food Exchanges	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	10g	Lean Meat:	0
Sodium (mg):	179mg	Vegetable:	0
Potassium (mg):	359mg	Fruit:	0

Calcium (mg): 307mg
Iron (mg): trace
Zinc (mg): 1mg
Vitamin C (mg): 3mg
Vitamin A (i.u.): 6997IU
Vitamin A (r.e.): 2004RE

Non-Fat Milk: 1 1/2
Fat: 35
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1644 **Calories from Fat:** 1554

% Daily Values*

Total Fat	176g	271%
Saturated Fat	110g	548%
Cholesterol	653mg	218%
Sodium	179mg	7%
Total Carbohydrates	13g	4%
Dietary Fiber	0g	0%
Protein	10g	

Vitamin A	140%
Vitamin C	5%
Calcium	31%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.