

# Chantilly Cream

*What's Cooking II*

*North American Institute of Modern Cuisine*

## Yield: 2 1/2 cups

*2 cups heavy cream*

*1/2 cup icing sugar*

*1/2 teaspoon vanilla extract*

Refrigerate the cream and mixer bowl.

In the mixer bowl, at moderate speed, whip all the ingredients for a few minutes. Increase the speed to high, whipping until stiff peaks form.

Refrigerate unused Chantilly Cream.

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Per Serving (excluding unknown items): 1881 Calories; 176g Fat (82.6% calories from fat); 10g Protein; 74g Carbohydrate; 0g Dietary Fiber; 653mg Cholesterol; 180mg Sodium. Exchanges: 1 1/2 Non-Fat Milk; 35 Fat; 4 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	1881	Vitamin B6 (mg):	.1mg
% Calories from Fat:	82.6%	Vitamin B12 (mcg):	.8mcg
% Calories from Carbohydrates:	15.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	2.0%	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):	6
Cholesterol (mg):	653mg	% Refuse:	n n%
Carbohydrate (g):	74g	<b>Food Exchanges</b>	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	10g	Lean Meat:	0
Sodium (mg):	180mg	Vegetable:	0
Potassium (mg):	360mg	Fruit:	0
Calcium (mg):	308mg	Non-Fat Milk:	1 1/2
Iron (mg):	trace	Fat:	35

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

Other Carbohydrates: 4

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## Nutrition Facts

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### Amount Per Serving

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Calories 1881                      Calories from Fat: 1554

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### % Daily Values\*

<b>Total Fat</b>	176g	271%
Saturated Fat	110g	548%
<b>Cholesterol</b>	653mg	218%
<b>Sodium</b>	180mg	7%
<b>Total Carbohydrates</b>	74g	25%
Dietary Fiber	0g	0%
<b>Protein</b>	10g	
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<b>Vitamin A</b>		140%
<b>Vitamin C</b>		5%
<b>Calcium</b>		31%
<b>Iron</b>		1%

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