

Chocolate 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
1/3 cup cocoa*

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.

Gently fold the cocoa into the whipped mixture.

Refrigerate unused Chantilly Cream.

Per Serving (excluding unknown items): 1946 Calories; 180g Fat (79.5% calories from fat); 15g Protein; 89g Carbohydrate; 9g Dietary Fiber; 653mg Cholesterol; 186mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1 1/2 Non-Fat Milk; 36 Fat; 4 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1946	Vitamin B6 (mg):	.2mg
% Calories from Fat:	79.5%	Vitamin B12 (mcg):	.8mcg
% Calories from Carbohydrates:	17.5%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	3.0%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	180g	Folacin (mcg):	27mcg
Saturated Fat (g):	112g	Niacin (mg):	1mg
Monounsaturated Fat (g):	52g	Caffeine (mg):	65mg
Polyunsaturated Fat (g):	7g	Alcohol (kcal):	6
Cholesterol (mg):	653mg	% Refused:	0 0%
Carbohydrate (g):	89g	Food Exchanges	
Dietary Fiber (g):	9g	Grain (Starch):	1
Protein (g):	15g	Lean Meat:	1/2
Sodium (mg):	186mg	Vegetable:	0
Potassium (mg):	793mg	Fruit:	0

Calcium (mg): 344mg
Iron (mg): 4mg
Zinc (mg): 3mg
Vitamin C (mg): 3mg
Vitamin A (i.u.): 7003IU
Vitamin A (r.e.): 2004 1/2RE

Non-Fat Milk: 1 1/2
Fat: 36
Other Carbohydrates: 4

Nutrition Facts

Amount Per Serving

Calories 1946 Calories from Fat: 1547

% Daily Values*

Total Fat	180g	277%
	Saturated Fat 112g	560%
Cholesterol	653mg	218%
Sodium	186mg	8%
Total Carbohydrates	89g	30%
	Dietary Fiber 9g	38%
Protein	15g	
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Vitamin A		140%
Vitamin C		5%
Calcium		34%
Iron		23%

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