

Flavored Light Cream

What's Cooking II

North American Institute of Modern Cuisine

Yield: 2 cups

1 cup whipped cream

1 cup custard (see Desserts/ Creams and Custards)

1 ounce liqueur OR alcohol of your choice

In a bowl, mix the whipped cream and custard until smooth.

Fold in the liqueur.

Per Serving (excluding unknown items): 412 Calories; 44g Fat (94.5% calories from fat); 2g Protein; 3g Carbohydrate; 0g Dietary Fiber; 164mg Cholesterol; 45mg Sodium. Exchanges: 1/2 Non-Fat Milk; 9 Fat.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	412
% Calories from Fat:	94.5%
% Calories from Carbohydrates:	3.2%
% Calories from Protein:	2.3%
Total Fat (g):	44g
Saturated Fat (g):	28g
Monounsaturated Fat (g):	13g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	164mg
Carbohydrate (g):	3g
Dietary Fiber (g):	0g
Protein (g):	2g
Sodium (mg):	45mg
Potassium (mg):	90mg
Calcium (mg):	77mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	1mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	4mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1/2
Fat:	9
Other Carbohydrates:	0

Vitamin A (i.u.): 1757IU
Vitamin A (r.e.): 503RE

Nutrition Facts

Amount Per Serving

Calories 412 Calories from Fat: 389

% Daily Values*

Total Fat 44g	68%
Saturated Fat 28g	138%
Cholesterol 164mg	55%
Sodium 45mg	2%
Total Carbohydrates 3g	1%
Dietary Fiber 0g	0%
Protein 2g	
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Vitamin A	35%
Vitamin C	1%
Calcium	8%
Iron	0%

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