

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)

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

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	Vitamin B6 (mg):	trace
% Calories from Fat:	94.5%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	3.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.3%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	44g	Folacin (mcg):	4mcg
Saturated Fat (g):	28g	Niacin (mg):	trace
Monounsaturated Fat (g):	13g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	164mg	% Refuse:	n n%
Carbohydrate (g):	3g	Food Exchanges	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	2g	Lean Meat:	0
Sodium (mg):	45mg	Vegetable:	0
Potassium (mg):	90mg	Fruit:	0
Calcium (mg):	77mg	Non-Fat Milk:	1/2
Iron (mg):	trace	Fat:	9
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	1mg		
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.*