



## Crème Fraiche

A type of soured cream that is lighter than the traditional one found in the U.S.

### U.S.

1 quart                      Heavy Cream  
1/2 cup                      Buttermilk

### Metric

945 mL (0.95L)  
120 mL

### **Preparation:**

1. Gather all ingredients and equipment.
2. In a large bowl, mix the heavy cream and buttermilk and transfer to a container.
3. Cover and leave at room temp for 48 hours.

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### **Nutrition Facts**

<b>Serving size</b>	<b>1 Tbsp</b>
<b>Servings</b>	<b>64</b>
<b>Calories</b>	50
Calories from Fat	50
Total Fat	6 g
Saturated Fat	3.5 g
Trans Fat	0 g
Monounsaturated Fat	1.5 g
Cholesterol	20 mg
Sodium	10 mg
Carbohydrates	1 g
Dietary Fiber	0 g
Sugars	0 g
Protein	0 g
Vitamin A	4 %
Calcium	2 %
Vitamin C	0 %
Iron	0 %
Phosphorus	11 mg

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