

ABSTRACT

There is provided a whipped cream including the following ingredient (A), a starch having an amylose content of 45% by mass or more and a degree of swelling in cold water of 3.5 or more and 15 or less, and ingredient (B) a gelling agent, in which a content of the ingredient (A) in the whipped cream is 0.05% by mass or more and 5% by mass or less with respect to the whipped cream as a whole, and a content of the ingredient (B) in the whipped cream is 0.05% by mass or more and 2.8% by mass or less with respect to the whipped cream as a whole.