

## Heavy Cream vs Whipping Cream (vsdiff.com)

Feature	Heavy Cream (Heavy Whipping Cream)	Whipping Cream (Light Whipping Cream)
Typical milkfat	Approximately <b>36%-40%</b>	Approximately <b>30%-35%</b>
Whipping stability	<b>High</b> — holds stiffer peaks longer	<b>Medium</b> — lighter peaks, less stable
Culinary uses	Sauces, ganache, simmering, piping, stable toppings	Frostings, light toppings, mousses, aerated desserts
Behavior under heat	Better tolerance for <i>reduction</i> and gentle simmering	Can curdle if overheated; best added off-heat or warmed gently
Regional equivalents	US: heavy / heavy whipping; UK: <i>double cream</i> is richer (~48% fat)	US: whipping / light whipping; UK: <i>single cream</i> is much lighter (~18% fat)
Shelf & storage	Unopened refrigerated: ~1-3 weeks (varies); opened: ~3-7 days	Similar ranges; shorter peak stability once opened

Source: <https://vsdiff.com/heavy-cream-vs-whipping-cream/>