



Cinnamon-Maple Cream Topping



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



8

CALORIES



129 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 halves ground cinnamon
- ☐ 0.3 cup maple syrup
- ☐ 1 cup whipping cream

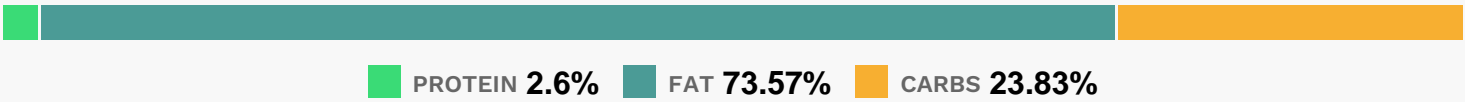
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ In large bowl, beat whipping cream with electric mixer on medium speed about 1 minute or until cream begins to thicken, then on high speed until soft peaks form.
- ☐ Gradually beat in syrup and 1/2 teaspoon cinnamon, scraping bowl once, until blended and stiff peaks form. Refrigerate until ready to serve.
- ☐ Garnish with pecans.

Nutrition Facts



Properties

Glycemic Index:5.81, Glycemic Load:2.48, Inflammation Score:-3, Nutrition Score:2.3456522252249%

Nutrients (% of daily need)

Calories: 128.94kcal (6.45%), Fat: 10.74g (16.53%), Saturated Fat: 6.84g (42.77%), Carbohydrates: 7.83g (2.61%), Net Carbohydrates: 7.69g (2.8%), Sugar: 6.9g (7.67%), Cholesterol: 33.62mg (11.21%), Sodium: 8.96mg (0.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.71%), Manganese: 0.28mg (13.77%), Vitamin B2: 0.18mg (10.81%), Vitamin A: 438.06IU (8.76%), Calcium: 33.11mg (3.31%), Vitamin D: 0.48µg (3.17%), Vitamin E: 0.28mg (1.86%), Phosphorus: 17.42mg (1.74%), Potassium: 51.98mg (1.49%), Selenium: 0.9µg (1.29%), Magnesium: 4.35mg (1.09%)