

Ginger Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



149 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons ginger minced peeled
- ☐ 1.5 tablespoons sugar
- ☐ 0.3 cup water
- ☐ 1 cup whipping cream chilled

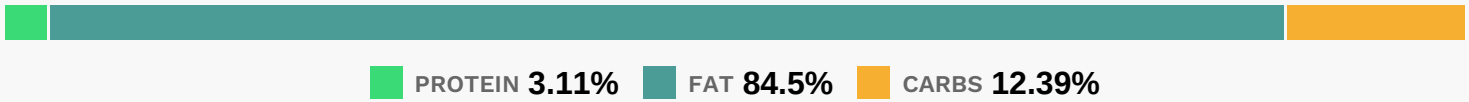
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ hand mixer

Directions

☐ Combine 1/4 cup water, ginger, and sugar in heavy small saucepan. Stir over medium heat until sugar dissolves. Simmer until mixture is syrupy, about 5 minutes. Cool completely. Using electric mixer, beat cream in medium bowl until peaks form. Fold in ginger mixture. (Can be made 4 hours ahead. Cover and chill.)

Nutrition Facts



Properties

Glycemic Index:14.18, Glycemic Load:2.18, Inflammation Score:-4, Nutrition Score:1.7821739056836%

Nutrients (% of daily need)

Calories: 149.22kcal (7.46%), Fat: 14.36g (22.09%), Saturated Fat: 9.13g (57.07%), Carbohydrates: 4.74g (1.58%), Net Carbohydrates: 4.67g (1.7%), Sugar: 4.21g (4.68%), Cholesterol: 44.82mg (14.94%), Sodium: 11.69mg (0.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.38%), Vitamin A: 583.1IU (11.66%), Vitamin B2: 0.08mg (4.49%), Vitamin D: 0.63µg (4.23%), Calcium: 27.07mg (2.71%), Vitamin E: 0.37mg (2.49%), Phosphorus: 24.2mg (2.42%), Selenium: 1.23µg (1.76%), Potassium: 52.27mg (1.49%), Vitamin K: 1.27µg (1.21%), Magnesium: 4.38mg (1.1%), Vitamin B5: 0.11mg (1.08%), Vitamin B12: 0.06µg (1.06%)