



Ginger Cream Dressing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



79 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 2 tablespoons crystallized ginger minced
- ☐ 2 tablespoons honey
- ☐ 1 tablespoon juice of lemon
- ☐ 0.8 cup vanilla nonfat yogurt frozen softened
- ☐ 0.7 cup pineapple-orange juice divided

Equipment

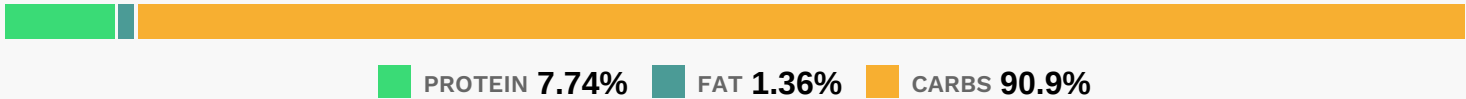
- ☐ bowl

☐ sauce pan

Directions

- ☐ Combine cornstarch and 2 tablespoons pineapple–orange juice in a small saucepan; stir until smooth.
- ☐ Add remaining pineapple–orange juice, ginger, honey, and lemon juice; stir well. Cook over medium heat until thickened and bubbly, stirring frequently.
- ☐ Remove from heat, and transfer to a small bowl. Cover and chill.
- ☐ Stir in yogurt just before serving.
- ☐ Serve with fresh fruit.

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:4.47, Inflammation Score:-1, Nutrition Score:2.4560869660067%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 3.65mg, Hesperetin: 3.65mg, Hesperetin: 3.65mg, Hesperetin: 3.65mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 79.11kcal (3.96%), Fat: 0.12g (0.19%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 18.47g (6.16%), Net Carbohydrates: 18.38g (6.68%), Sugar: 16.47g (18.3%), Cholesterol: 0.61mg (0.2%), Sodium: 18.97mg (0.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.15%), Vitamin C: 14.99mg (18.18%), Calcium: 50.18mg (5.02%), Phosphorus: 41.78mg (4.18%), Vitamin B2: 0.07mg (3.91%), Potassium: 120.78mg (3.45%), Folate: 11.66µg (2.92%), Selenium: 1.96µg (2.8%), Vitamin B1: 0.04mg (2.51%), Vitamin B12: 0.14µg (2.4%), Magnesium: 7.95mg (1.99%), Zinc: 0.26mg (1.72%), Vitamin B6: 0.03mg (1.31%), Vitamin A: 58.94IU (1.18%), Manganese: 0.02mg (1.06%)