



Ginger-Molasses Whipped Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



150 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon ground ginger
- ☐ 1 tablespoon blackstrap molasses
- ☐ 1 tablespoon powdered sugar
- ☐ 1 cup whipping cream

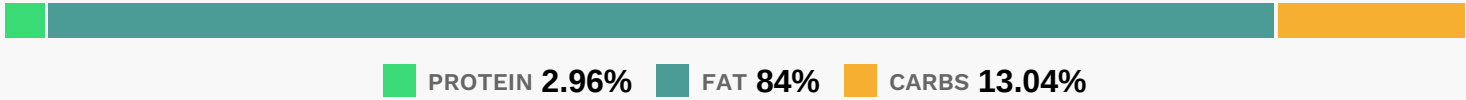
Equipment

- ☐ hand mixer

Directions

Beat whipping cream, powdered sugar, molasses, and ginger at high speed with an electric mixer until soft peaks form.

Nutrition Facts



Properties

Glycemic Index:7.33, Glycemic Load:1.1, Inflammation Score:-4, Nutrition Score:2.1886956505477%

Nutrients (% of daily need)

Calories: 150kcal (7.5%), Fat: 14.33g (22.04%), Saturated Fat: 9.13g (57.04%), Carbohydrates: 5.01g (1.67%), Net Carbohydrates: 5g (1.82%), Sugar: 4.96g (5.51%), Cholesterol: 44.82mg (14.94%), Sodium: 11.99mg (0.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.27%), Vitamin A: 583.13IU (11.66%), Vitamin B2: 0.08mg (4.41%), Vitamin D: 0.63µg (4.23%), Manganese: 0.08mg (3.96%), Calcium: 33.12mg (3.31%), Magnesium: 11.02mg (2.76%), Selenium: 1.84µg (2.63%), Potassium: 87.48mg (2.5%), Vitamin E: 0.36mg (2.43%), Phosphorus: 24.18mg (2.42%), Vitamin B6: 0.04mg (1.84%), Vitamin B5: 0.13mg (1.28%), Vitamin K: 1.27µg (1.21%), Iron: 0.21mg (1.19%), Vitamin B12: 0.06µg (1.06%), Copper: 0.02mg (1.05%)