



Ginger-Spice Topping

 **Gluten Free**  **Dairy Free**

READY IN



5 min.

SERVINGS



5

CALORIES



102 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground ginger
- 8 oz non-dairy whipped topping frozen thawed

Equipment

Directions

- Stir together thawed whipped topping, cinnamon, and ginger.

Nutrition Facts

PROTEIN 5.36% FAT 52.25% CARBS 42.39%

Properties

Glycemic Index:1, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.0295652211036%

Nutrients (% of daily need)

Calories: 102.19kcal (5.11%), Fat: 5.95g (9.15%), Saturated Fat: 5.13g (32.05%), Carbohydrates: 10.86g (3.62%), Net Carbohydrates: 10.79g (3.92%), Sugar: 10.71g (11.9%), Cholesterol: 0.91mg (0.3%), Sodium: 32.7mg (1.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.75%), Phosphorus: 33.8mg (3.38%), Calcium: 33.32mg (3.33%), Manganese: 0.05mg (2.54%), Vitamin B2: 0.04mg (2.41%), Selenium: 1.15µg (1.64%), Vitamin E: 0.23mg (1.53%), Vitamin B12: 0.09µg (1.51%), Vitamin K: 1.48µg (1.41%), Potassium: 47.56mg (1.36%)