



Ginger Whipped Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



129 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon brown sugar packed ()
- ☐ 2 tablespoons candied ginger minced
- ☐ 0.5 cup whipping cream chilled

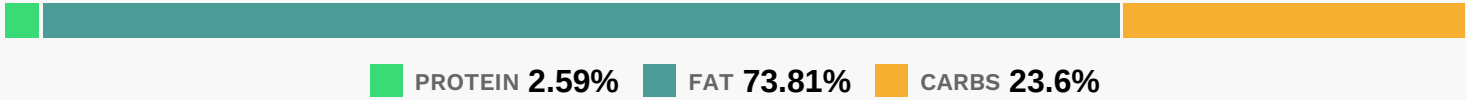
Equipment

- ☐ bowl
- ☐ whisk

Directions

Beat cream and sugar in medium bowl until peaks form. Fold in ginger. Cover and chill up to 4 hours (before serving, whisk cream to thicken if deflated).

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:1.2626087050075%

Nutrients (% of daily need)

Calories: 128.61kcal (6.43%), Fat: 10.74g (16.52%), Saturated Fat: 6.84g (42.77%), Carbohydrates: 7.73g (2.58%), Net Carbohydrates: 7.73g (2.81%), Sugar: 7.57g (8.41%), Cholesterol: 33.62mg (11.21%), Sodium: 9.63mg (0.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.7%), Vitamin A: 437.33IU (8.75%), Vitamin B2: 0.06mg (3.29%), Vitamin D: 0.48µg (3.17%), Calcium: 22.13mg (2.21%), Vitamin E: 0.27mg (1.82%), Phosphorus: 17.38mg (1.74%), Selenium: 0.93µg (1.33%)