



Ginger Whipped Cream



Vegetarian



Gluten Free

READY IN



275 min.

SERVINGS



15

CALORIES



121 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.6 inch ginger fresh peeled
- ☐ 2 cups heavy cream
- ☐ 6 tablespoons powdered sugar

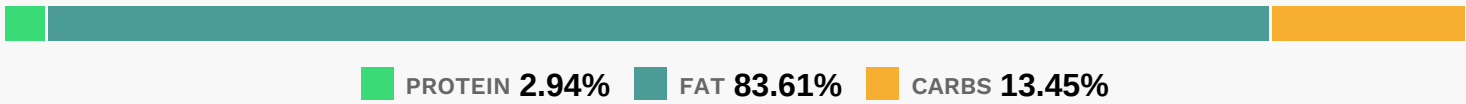
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ hand mixer

Directions

- ☐
- Cook cream and ginger in a heavy nonaluminum saucepan over medium-high heat, stirring often, 3 to 5 minutes or just until bubbles appear (do not boil); remove from heat, and let cool completely (about 20 minutes). Chill 4 to 12 hours. (Cream needs to be ice-cold before beating.)
- ☐
- Pour cream mixture through a fine wire-mesh strainer into a bowl, discarding ginger. Beat at medium-high speed with an electric mixer 1 minute or until foamy; increase speed to high, and gradually add powdered sugar, beating 2 to 3 minutes or just until stiff peaks form. (Do not overbeat or cream will become grainy.) Use immediately.

Nutrition Facts



Properties

Glycemic Index:1, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:1.3217391274546%

Nutrients (% of daily need)

Calories: 120.57kcal (6.03%), Fat: 11.46g (17.63%), Saturated Fat: 7.3g (45.62%), Carbohydrates: 4.15g (1.38%), Net Carbohydrates: 4.14g (1.51%), Sugar: 4.06g (4.51%), Cholesterol: 35.86mg (11.95%), Sodium: 8.67mg (0.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.81%), Vitamin A: 466.48IU (9.33%), Vitamin B2: 0.06mg (3.55%), Vitamin D: 0.51µg (3.38%), Calcium: 21.02mg (2.1%), Vitamin E: 0.29mg (1.95%), Phosphorus: 18.5mg (1.85%), Selenium: 0.97µg (1.39%)