

# **Ginger Whipped Cream**

275 min. 15





**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: Og (100%), Alcohol %: O% (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%)