



## Gingered Cinnamon Sugar

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



234 kcal

SIDE DISH

### Ingredients

- 1 cup firmly brown sugar packed
- 2.7 ounce crystallized ginger
- 1 tablespoon ground cinnamon
- 1 cup sugar

### Equipment

- food processor
- bowl
- knife

## Directions

- Position knife blade in food processor bowl; add all ingredients. Process 1 minute or until mixture is a fine powder. Store in an airtight container in a cool, dark place; shake well before each use.
- Sprinkle on cinnamon toast or French toast or over hot cereal, bananas, broiled grapefruit, baked apples, or pears; stir into low-fat or nonfat yogurt or sweet roll filling.

## Nutrition Facts

**PROTEIN 0.12%** **FAT 0.34%** **CARBS 99.54%**

## Properties

Glycemic Index:9.39, Glycemic Load:17.47, Inflammation Score:1, Nutrition Score:0.99391302701248%

## Nutrients (% of daily need)

Calories: 233.95kcal (11.7%), Fat: 0.09g (0.14%), Saturated Fat: 0g (0.02%), Carbohydrates: 60.22g (20.07%), Net Carbohydrates: 59.69g (21.71%), Sugar: 58.89g (65.44%), Cholesterol: 0mg (0%), Sodium: 9.5mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.15%), Manganese: 0.19mg (9.66%), Calcium: 33.1mg (3.31%), Fiber: 0.53g (2.12%), Iron: 0.29mg (1.62%), Potassium: 41.38mg (1.18%)