

Lemonade Fruit Dressing

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



24

CALORIES



132 kcal

BEVERAGE

DRINK

Ingredients

- 2 eggs
- 24 servings fruit fresh assorted
- 1 cup cup heavy whipping cream
- 0.8 cup lemonade concentrate thawed
- 0.3 cup sugar

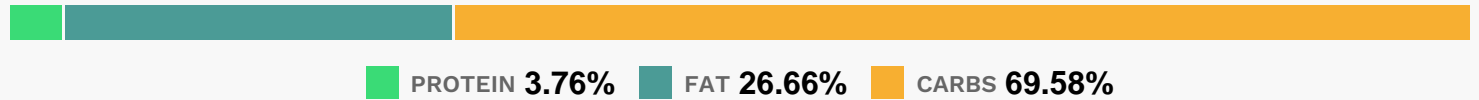
Equipment

- sauce pan

Directions

- In a heavy saucepan, combine eggs, lemonade concentrate and sugar. Cook and stir over low heat just until mixture comes to a boil. Cool to room temperature, stirring several times. Fold in the whipped cream.
- Serve over fruit. Refrigerate leftovers.

Nutrition Facts



Properties

Glycemic Index:2.92, Glycemic Load:1.94, Inflammation Score:-4, Nutrition Score:2.8230434811634%

Nutrients (% of daily need)

Calories: 131.69kcal (6.58%), Fat: 4.11g (6.32%), Saturated Fat: 2.41g (15.06%), Carbohydrates: 24.12g (8.04%), Net Carbohydrates: 22.21g (8.07%), Sugar: 19.7g (21.89%), Cholesterol: 24.85mg (8.28%), Sodium: 14.35mg (0.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.61%), Vitamin A: 523.45IU (10.47%), Fiber: 1.92g (7.67%), Vitamin K: 5.79µg (5.52%), Copper: 0.09mg (4.69%), Vitamin C: 3.63mg (4.41%), Vitamin B2: 0.06mg (3.79%), Potassium: 125.32mg (3.58%), Phosphorus: 27.75mg (2.77%), Iron: 0.45mg (2.5%), Vitamin B3: 0.48mg (2.41%), Selenium: 1.47µg (2.1%), Magnesium: 7.58mg (1.89%), Manganese: 0.03mg (1.71%), Vitamin D: 0.23µg (1.55%), Calcium: 15.07mg (1.51%), Vitamin B6: 0.03mg (1.51%), Vitamin B5: 0.14mg (1.39%), Vitamin B1: 0.02mg (1.28%), Folate: 5.01µg (1.25%), Zinc: 0.18mg (1.21%)