



## Maple-Mint Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



106 kcal

SIDE DISH

### Ingredients

- 1.5 teaspoons maple syrup
- 0.3 teaspoon mint extract
- 1.5 teaspoons yogurt plain
- 1 cup whipping cream

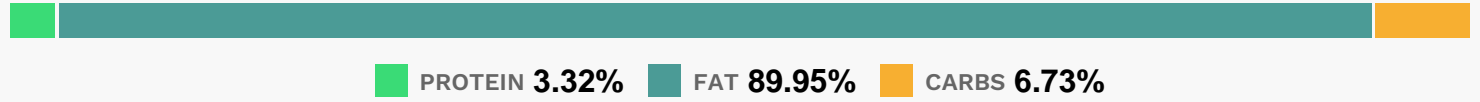
### Equipment

- hand mixer

## Directions

- Beat cream at high speed with an electric mixer until soft peaks form.
- Add yogurt, syrup, and mint extract, beating until blended.

## Nutrition Facts



## Properties

Glycemic Index:6.94, Glycemic Load:0.34, Inflammation Score:-3, Nutrition Score:1.3943478225366%

## Nutrients (% of daily need)

Calories: 105.97kcal (5.3%), Fat: 10.79g (16.6%), Saturated Fat: 6.87g (42.96%), Carbohydrates: 1.82g (0.6%), Net Carbohydrates: 1.82g (0.66%), Sugar: 1.74g (1.93%), Cholesterol: 33.81mg (11.27%), Sodium: 8.85mg (0.38%), Alcohol: 0.04g (100%), Alcohol %: 0.17% (100%), Protein: 0.9g (1.79%), Vitamin A: 438.81IU (8.78%), Vitamin B2: 0.07mg (4.4%), Vitamin D: 0.48µg (3.18%), Calcium: 22.89mg (2.29%), Phosphorus: 18.69mg (1.87%), Vitamin E: 0.27mg (1.83%), Manganese: 0.03mg (1.54%), Selenium: 0.93µg (1.32%)