



## Marmalade Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



140 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

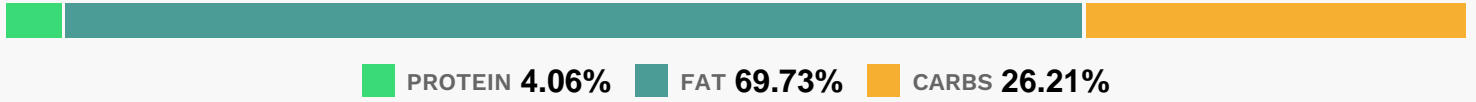
- 0.5 teaspoon curry powder
- 0.3 teaspoon ground nutmeg
- 2 tablespoons orange marmalade
- 1 cup cup heavy whipping cream sour

### Equipment

### Directions

Combine all ingredients, blending well. Cover and chill 8 hours, if desired.

## Nutrition Facts



## Properties

Glycemic Index:18.75, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:2.1004347840081%

## Nutrients (% of daily need)

Calories: 139.92kcal (7%), Fat: 11.23g (17.28%), Saturated Fat: 5.85g (36.53%), Carbohydrates: 9.5g (3.17%), Net Carbohydrates: 9.32g (3.39%), Sugar: 8g (8.89%), Cholesterol: 33.92mg (11.31%), Sodium: 23.58mg (1.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.94%), Vitamin A: 367.02IU (7.34%), Calcium: 63.3mg (6.33%), Vitamin B2: 0.1mg (5.87%), Phosphorus: 45.24mg (4.52%), Selenium: 2.23µg (3.19%), Potassium: 79.87mg (2.28%), Vitamin B12: 0.12µg (2.01%), Vitamin B5: 0.19mg (1.95%), Vitamin E: 0.28mg (1.86%), Magnesium: 6.81mg (1.7%), Vitamin B6: 0.03mg (1.43%), Zinc: 0.21mg (1.38%), Vitamin C: 1.03mg (1.25%), Folate: 4.83µg (1.21%), Copper: 0.02mg (1.13%), Manganese: 0.02mg (1.13%), Vitamin K: 1.11µg (1.06%)