



Snappy Fruit Salad Dressing

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



54 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon ground ginger dried
- ☐ 1.5 teaspoons juice of lemon
- ☐ 0.5 cup mayonnaise light
- ☐ 0.3 cup powdered sugar
- ☐ 0.5 cup cup heavy whipping cream light sour

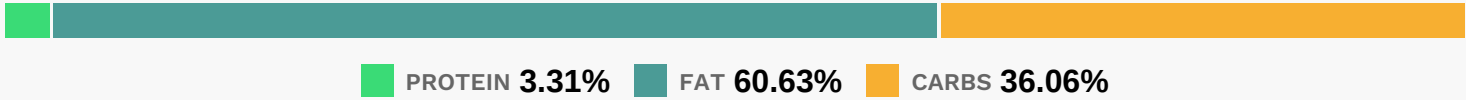
Equipment

- ☐ bowl

Directions

- ☐ Stir together all ingredients in a small bowl. Cover and chill at least 30 minutes. Store in refrigerator up to 3 days.
- ☐ *1/2 teaspoon ground cinnamon may be substituted.
- ☐ Carol S. Noble, Burgaw, North Carolina

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.86173914308133%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 54.47kcal (2.72%), Fat: 3.71g (5.71%), Saturated Fat: 1.15g (7.18%), Carbohydrates: 4.97g (1.66%), Net Carbohydrates: 4.95g (1.8%), Sugar: 3.38g (3.76%), Cholesterol: 5.82mg (1.94%), Sodium: 102.26mg (4.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.91%), Vitamin K: 6.07µg (5.78%), Vitamin E: 0.28mg (1.87%), Manganese: 0.03mg (1.71%), Calcium: 17.08mg (1.71%), Selenium: 0.72µg (1.03%), Phosphorus: 10.07mg (1.01%)