



## Sweet Dressing For Fruit Salad

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



16

CALORIES



109 kcal

SALAD

### Ingredients

- 0.5 teaspoon almond extract
- 0.3 teaspoon ground cardamom to taste
- 0.3 teaspoon ground cinnamon to taste
- 8 ounces cup heavy whipping cream sour
- 14 ounce condensed milk sweetened canned
- 1 teaspoon vanilla extract

### Equipment

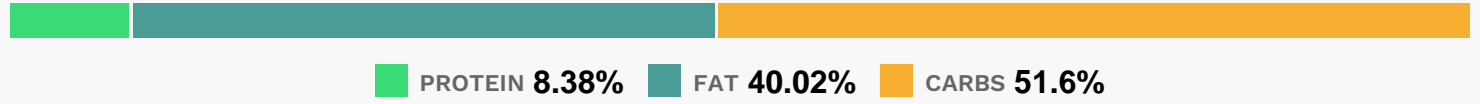
- whisk

mixing bowl

## Directions

Whisk the sour cream, sweetened condensed milk, vanilla, almond extract, cinnamon, and cardamom together in a mixing bowl. Refrigerate the dressing until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:4.44, Glycemic Load:8.23, Inflammation Score:-1, Nutrition Score:2.2613043645802%

## Nutrients (% of daily need)

Calories: 108.95kcal (5.45%), Fat: 4.91g (7.55%), Saturated Fat: 2.79g (17.46%), Carbohydrates: 14.24g (4.75%), Net Carbohydrates: 14.22g (5.17%), Sugar: 14.03g (15.58%), Cholesterol: 16.8mg (5.6%), Sodium: 35.94mg (1.56%), Alcohol: 0.13g (100%), Alcohol %: 0.41% (100%), Protein: 2.31g (4.63%), Calcium: 85.24mg (8.52%), Vitamin B2: 0.13mg (7.5%), Phosphorus: 73.63mg (7.36%), Selenium: 4.2µg (6%), Potassium: 110.79mg (3.17%), Vitamin A: 154.63IU (3.09%), Vitamin B5: 0.23mg (2.34%), Vitamin B12: 0.14µg (2.32%), Magnesium: 8mg (2%), Zinc: 0.28mg (1.89%), Vitamin B1: 0.03mg (1.68%)