



Sweet Orange Cream Topping



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



114 kcal

SIDE DISH

Ingredients

- ☐ 1 cup whipping cream
- ☐ 2 tablespoons powdered sugar
- ☐ 0.3 cup orange juice
- ☐ 0.5 teaspoon orange zest fresh grated
- ☐ 1 serving orange zest fresh grated

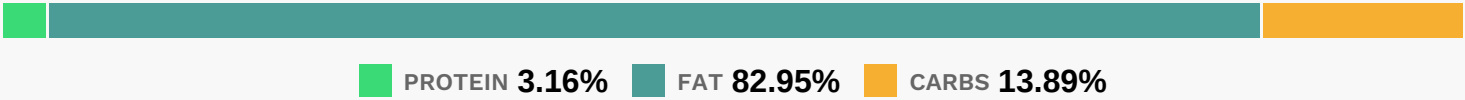
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐
- In large bowl, beat whipping cream and powdered sugar with electric mixer on medium speed about 1 minute or until cream begins to thicken, then on high speed until stiff peaks form.
- ☐
- Fold in orange juice and 1/2 teaspoon orange peel. Refrigerate until ready to serve.
- ☐
- Garnish with additional orange peel.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0.41, Inflammation Score:-3, Nutrition Score:1.781739121222%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 113.99kcal (5.7%), Fat: 10.76g (16.55%), Saturated Fat: 6.84g (42.78%), Carbohydrates: 4.05g (1.35%), Net Carbohydrates: 3.87g (1.41%), Sugar: 3.48g (3.86%), Cholesterol: 33.62mg (11.21%), Sodium: 8.2mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.85%), Vitamin A: 459.65IU (9.19%), Vitamin C: 6.26mg (7.59%), Vitamin B2: 0.06mg (3.54%), Vitamin D: 0.48µg (3.17%), Calcium: 23.12mg (2.31%), Phosphorus: 18.91mg (1.89%), Vitamin E: 0.28mg (1.87%), Potassium: 47.25mg (1.35%), Selenium: 0.93µg (1.33%)