



Caper-Dill Sour Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



114 kcal

SIDE DISH

Ingredients

- 3 tablespoons capers drained chopped
- 1 tablespoon optional: dill fresh chopped
- 2 teaspoons juice of lemon
- 4 servings salt and pepper
- 8 oz cup heavy whipping cream sour

Equipment

Directions

- Stir together 1 (8-oz.) container sour cream; 3 Tbsp. chopped, drained capers; 1 Tbsp. chopped fresh dill; 2 tsp. lemon juice; and salt and pepper to taste.
- Serve with sliced cucumbers, pita chips, or Mini Catfish Cakes.
- Note: Can be made up to two days in advance.

Nutrition Facts

PROTEIN 5.21% **FAT 84.3%** **CARBS 10.49%**

Properties

Glycemic Index:3.75, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:2.2052174016185%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 7.89mg, Kaempferol: 7.89mg, Kaempferol: 7.89mg, Kaempferol: 7.89mg Quercetin: 10.42mg, Quercetin: 10.42mg, Quercetin: 10.42mg, Quercetin: 10.42mg

Nutrients (% of daily need)

Calories: 114.24kcal (5.71%), Fat: 11.06g (17.01%), Saturated Fat: 5.74g (35.89%), Carbohydrates: 3.1g (1.03%), Net Carbohydrates: 2.9g (1.05%), Sugar: 2.02g (2.25%), Cholesterol: 33.45mg (11.15%), Sodium: 377.59mg (16.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.07%), Vitamin A: 369.38IU (7.39%), Vitamin B2: 0.1mg (6.13%), Calcium: 60.14mg (6.01%), Phosphorus: 43.96mg (4.4%), Selenium: 2.17µg (3.1%), Vitamin K: 2.33µg (2.22%), Vitamin C: 1.82mg (2.21%), Potassium: 76.63mg (2.19%), Vitamin B12: 0.12µg (1.98%), Magnesium: 7.86mg (1.96%), Vitamin B5: 0.2mg (1.96%), Vitamin E: 0.27mg (1.81%), Copper: 0.03mg (1.67%), Zinc: 0.21mg (1.39%), Folate: 5.43µg (1.36%), Vitamin B6: 0.03mg (1.3%)