



## Chipotle-Lime Cream

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



47 kcal

SIDE DISH

## Ingredients

- 1 teaspoon chipotle pepper in adobo sauce minced seeded
- 2 tablespoons cilantro leaves fresh chopped
- 1 tablespoon juice of lime fresh
- 2 teaspoons lime rind grated
- 0.3 teaspoon salt
- 1 cup cup heavy whipping cream sour
- 0.5 teaspoon sugar

## Equipment

## Directions

Stir together sour cream and remaining ingredients; cover and chill, if desired.

## Nutrition Facts

    
 **PROTEIN 4.71%**  **FAT 82.77%**  **CARBS 12.52%**

## Properties

Glycemic Index:13.41, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:0.81478259939214%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 47.16kcal (2.36%), Fat: 4.46g (6.87%), Saturated Fat: 2.32g (14.52%), Carbohydrates: 1.52g (0.51%), Net Carbohydrates: 1.45g (0.53%), Sugar: 1.05g (1.17%), Cholesterol: 13.57mg (4.52%), Sodium: 65.35mg (2.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.14%), Vitamin A: 149.66IU (2.99%), Calcium: 23.66mg (2.37%), Vitamin B2: 0.04mg (2.3%), Phosphorus: 17.8mg (1.78%), Selenium: 0.86µg (1.22%)