



Cilantro-Lime Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



116 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon juice of lime
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream sour

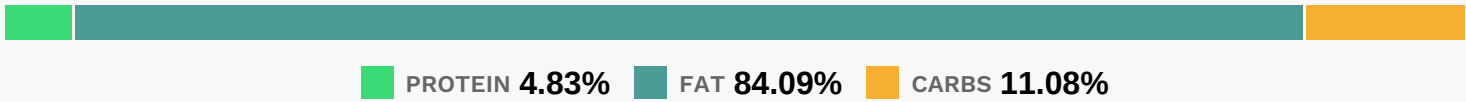
Equipment

Directions

☐

Stir together all ingredients.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:2.12999999926401%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 115.82kcal (5.79%), Fat: 11.16g (17.17%), Saturated Fat: 5.81g (36.3%), Carbohydrates: 3.31g (1.1%), Net Carbohydrates: 3.27g (1.19%), Sugar: 2.09g (2.32%), Cholesterol: 33.92mg (11.31%), Sodium: 308.84mg (13.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.89%), Vitamin A: 388.97IU (7.78%), Calcium: 59.57mg (5.96%), Vitamin B2: 0.1mg (5.79%), Phosphorus: 44.94mg (4.49%), Vitamin C: 2.88mg (3.49%), Selenium: 2.14µg (3.06%), Potassium: 82.79mg (2.37%), Vitamin K: 2.15µg (2.05%), Vitamin B5: 0.2mg (2.05%), Vitamin B12: 0.12µg (2.01%), Vitamin E: 0.25mg (1.63%), Magnesium: 6.46mg (1.62%), Vitamin B6: 0.03mg (1.35%), Zinc: 0.2mg (1.32%), Folate: 4.45µg (1.11%)