



Cilantro-Lime Crema

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



79 kcal

SIDE DISH

Ingredients

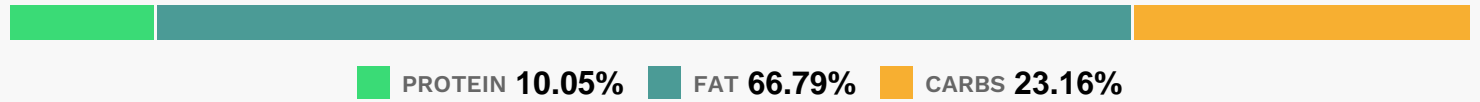
- 16 ounces cream sour reduced-fat
- 0.3 cup juice of lime fresh
- 0.5 cup cilantro leaves chopped
- 1 serving salt and pepper

Equipment

Directions

Stir together sour cream, lime juice, and cilantro. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:2.2213043278974%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 79.23kcal (3.96%), Fat: 6.02g (9.26%), Saturated Fat: 3.74g (23.39%), Carbohydrates: 4.7g (1.57%), Net Carbohydrates: 4.64g (1.69%), Sugar: 0.26g (0.29%), Cholesterol: 19.84mg (6.61%), Sodium: 71.9mg (3.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.08%), Calcium: 81.69mg (8.17%), Vitamin A: 257.23IU (5.14%), Phosphorus: 41.8mg (4.18%), Vitamin B2: 0.07mg (4.16%), Vitamin B12: 0.24µg (3.97%), Potassium: 134.27mg (3.84%), Vitamin C: 3.05mg (3.7%), Vitamin K: 3.43µg (3.27%), Selenium: 1.77µg (2.53%), Zinc: 0.29mg (1.96%), Folate: 7.61µg (1.9%), Vitamin B1: 0.03mg (1.68%), Magnesium: 6.54mg (1.63%), Vitamin E: 0.21mg (1.41%)