



Cilantro-Lime Sour Cream Dip

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons cilantro leaves fresh chopped
- 2 green onions thinly sliced
- 1 teaspoon juice of lime fresh
- 1 teaspoon lime rind grated
- 0.1 teaspoon pepper
- 0.3 teaspoon salt
- 0.5 cup cup heavy whipping cream sour

Equipment

Directions

Stir together all ingredients. Cover and chill until ready to serve.

Nutrition Facts

PROTEIN 5.4% **FAT 81.76%** **CARBS 12.84%**

Properties

Glycemic Index:25.6, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:1.5330434882123%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 47.61kcal (2.38%), Fat: 4.48g (6.88%), Saturated Fat: 2.33g (14.53%), Carbohydrates: 1.58g (0.53%), Net Carbohydrates: 1.42g (0.52%), Sugar: 0.92g (1.02%), Cholesterol: 13.57mg (4.52%), Sodium: 124.28mg (5.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.33%), Vitamin K: 10.87µg (10.35%), Vitamin A: 202.92IU (4.06%), Calcium: 27.36mg (2.74%), Vitamin B2: 0.04mg (2.53%), Phosphorus: 19.62mg (1.96%), Vitamin C: 1.57mg (1.9%), Potassium: 45.1mg (1.29%), Selenium: 0.89µg (1.27%), Folate: 4.69µg (1.17%)