



Cilantro Serrano Cream Sauce

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



294 kcal

SAUCE

Ingredients

- 0.5 bunch cilantro leaves coarsely chopped
- 3 cloves garlic
- 1 cup heavy cream
- 1 cup mayonnaise
- 8 servings salt and pepper to taste
- 3 serrano chile peppers seeded chopped

Equipment

- blender

Directions

Place cilantro, serrano peppers, garlic, mayonnaise, and cream into a blender; season with salt and pepper. Puree until smooth, about 15 seconds.

Nutrition Facts

PROTEIN 1.67% **FAT 96.25%** **CARBS 2.08%**

Properties

Glycemic Index:14, Glycemic Load:0.19, Inflammation Score:-3, Nutrition Score:4.1143477895985%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 294.06kcal (14.7%), Fat: 31.7g (48.77%), Saturated Fat: 10.12g (63.26%), Carbohydrates: 1.55g (0.52%), Net Carbohydrates: 1.43g (0.52%), Sugar: 1.13g (1.26%), Cholesterol: 45.38mg (15.13%), Sodium: 380.27mg (16.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.47%), Vitamin K: 48.43µg (46.12%), Vitamin A: 510.45IU (10.21%), Vitamin E: 1.22mg (8.14%), Vitamin B2: 0.07mg (3.83%), Vitamin D: 0.53µg (3.55%), Phosphorus: 26mg (2.6%), Calcium: 24.61mg (2.46%), Selenium: 1.71µg (2.44%), Vitamin C: 1.67mg (2.03%), Vitamin B6: 0.04mg (1.94%), Manganese: 0.03mg (1.4%), Vitamin B5: 0.14mg (1.38%), Potassium: 47.88mg (1.37%), Vitamin B12: 0.08µg (1.35%)