



Cilantro Sour Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



113 kcal

SIDE DISH

Ingredients

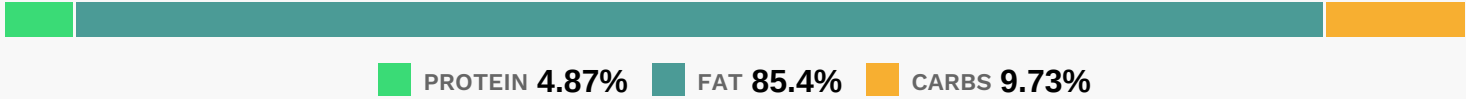
- ☐ 0.3 cup cilantro leaves fresh finely chopped
- ☐ 1 teaspoon juice of lime fresh
- ☐ 1 teaspoon lime zest
- ☐ 4 servings salt and pepper to taste
- ☐ 8 oz cup heavy whipping cream sour

Equipment

Directions

☐ Stir together sour cream, cilantro, lime zest, lime juice, and salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:2.1139130566431%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 112.96kcal (5.65%), Fat: 11.01g (16.93%), Saturated Fat: 5.73g (35.79%), Carbohydrates: 2.82g (0.94%), Net Carbohydrates: 2.77g (1.01%), Sugar: 1.97g (2.19%), Cholesterol: 33.45mg (11.15%), Sodium: 211.86mg (9.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.83%), Vitamin A: 421.59IU (8.43%), Calcium: 58.4mg (5.84%), Vitamin B2: 0.1mg (5.72%), Phosphorus: 43.84mg (4.38%), Vitamin K: 3.96µg (3.77%), Selenium: 2.11µg (3.02%), Potassium: 78.1mg (2.23%), Vitamin B5: 0.2mg (1.99%), Vitamin B12: 0.12µg (1.98%), Vitamin E: 0.24mg (1.63%), Vitamin C: 1.3mg (1.58%), Magnesium: 6.06mg (1.52%), Zinc: 0.19mg (1.29%), Vitamin B6: 0.03mg (1.27%), Folate: 4.19µg (1.05%)