



## Country-Style Dijon Cream Sauce

 Vegetarian  Gluten Free

READY IN



4 min.

SERVINGS



4

CALORIES



50 kcal

SAUCE

### Ingredients

- 1.5 tablespoons dijon mustard country-style
- 1.5 teaspoons tarragon fresh chopped
- 1 teaspoon lemon rind grated
- 0.3 cup mayonnaise light
- 0.3 teaspoon salt
- 0.3 cup cup heavy whipping cream fat-free sour
- 3 tablespoons water

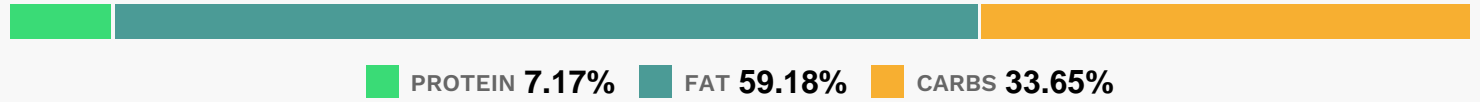
### Equipment

bowl

## Directions

Combine all ingredients in a small bowl.

## Nutrition Facts



## Properties

Glycemic Index:25.5, Glycemic Load:0.24, Inflammation Score:-1, Nutrition Score:1.8504347658676%

## Nutrients (% of daily need)

Calories: 49.84kcal (2.49%), Fat: 3.35g (5.16%), Saturated Fat: 0.51g (3.2%), Carbohydrates: 4.29g (1.43%), Net Carbohydrates: 3.94g (1.43%), Sugar: 0.66g (0.73%), Cholesterol: 3.53mg (1.18%), Sodium: 344.32mg (14.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.83%), Vitamin K: 7.6µg (7.24%), Selenium: 3.08µg (4.39%), Manganese: 0.08mg (4.23%), Calcium: 31.99mg (3.2%), Phosphorus: 24.24mg (2.42%), Vitamin E: 0.33mg (2.18%), Vitamin B2: 0.04mg (2.1%), Iron: 0.36mg (1.98%), Magnesium: 7.21mg (1.8%), Vitamin A: 82.2IU (1.64%), Potassium: 54.8mg (1.57%), Fiber: 0.35g (1.4%), Vitamin B1: 0.02mg (1.31%), Vitamin B6: 0.03mg (1.3%), Vitamin C: 1.04mg (1.26%), Folate: 4.66µg (1.16%)