

Crab Cake Sauce

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



3

CALORIES



729 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon ground pepper
- 0.5 cup curd cottage cheese
- 1 tablespoon juice of lemon
- 1 cup mayonnaise
- 0.5 cup yogurt plain
- 0.3 cup salsa hot
- 1 cup cream sour

Equipment

blender

Directions

Combine the sour cream, mayonnaise, cottage cheese, salsa, cayenne pepper, lemon juice and yogurt in a blender and puree until smooth. Chill before serving.

Nutrition Facts

 **PROTEIN 4.55%**  **FAT 90.31%**  **CARBS 5.14%**

Properties

Glycemic Index:42.67, Glycemic Load:0.91, Inflammation Score:-6, Nutrition Score:11.767826069956%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 728.75kcal (36.44%), Fat: 73.65g (113.31%), Saturated Fat: 17.95g (112.19%), Carbohydrates: 9.45g (3.15%), Net Carbohydrates: 8.87g (3.22%), Sugar: 7.12g (7.91%), Cholesterol: 87.85mg (29.28%), Sodium: 816.54mg (35.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.34g (16.69%), Vitamin K: 124.29µg (118.37%), Vitamin E: 3.2mg (21.35%), Phosphorus: 178.52mg (17.85%), Calcium: 170.5mg (17.05%), Vitamin A: 823.91IU (16.48%), Vitamin B2: 0.27mg (15.86%), Selenium: 9.13µg (13.04%), Vitamin B12: 0.55µg (9.2%), Potassium: 293.5mg (8.39%), Vitamin B5: 0.8mg (8.05%), Vitamin B6: 0.12mg (6.19%), Zinc: 0.81mg (5.4%), Magnesium: 21mg (5.25%), Folate: 17.72µg (4.43%), Vitamin C: 3.51mg (4.25%), Vitamin B1: 0.06mg (3.73%), Copper: 0.06mg (3.1%), Manganese: 0.05mg (2.63%), Vitamin B3: 0.48mg (2.4%), Fiber: 0.58g (2.32%), Iron: 0.39mg (2.19%), Vitamin D: 0.23µg (1.5%)