

## Cream Dill Sauce

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



202 kcal

SAUCE

### Ingredients

- 2 teaspoons dill dried
- 2 tablespoons spring onion finely chopped
- 2 tablespoons juice of lemon
- 0.8 cup mayonnaise
- 1 cup cream sour

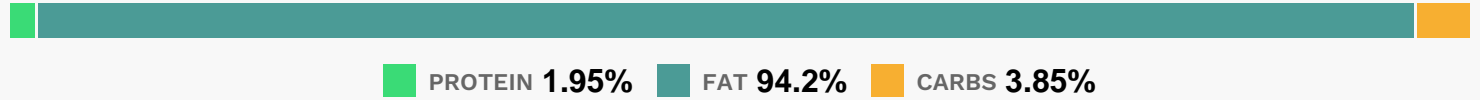
### Equipment

- bowl

## Directions

- In a medium bowl combine sour cream, mayonnaise, green onions, dill and lemon juice.
- Mix well and chill for at least 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:10.25, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:3.1852174213399%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 201.66kcal (10.08%), Fat: 21.31g (32.78%), Saturated Fat: 5.36g (33.52%), Carbohydrates: 1.96g (0.65%), Net Carbohydrates: 1.88g (0.68%), Sugar: 1.23g (1.37%), Cholesterol: 25.78mg (8.59%), Sodium: 143.06mg (6.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.99%), Vitamin K: 37.77µg (35.97%), Vitamin E: 0.81mg (5.41%), Vitamin A: 222.57IU (4.45%), Calcium: 36.48mg (3.65%), Vitamin B2: 0.05mg (3.22%), Phosphorus: 28.47mg (2.85%), Vitamin C: 2.12mg (2.57%), Selenium: 1.56µg (2.23%), Potassium: 56.41mg (1.61%), Vitamin B12: 0.09µg (1.43%), Vitamin B5: 0.14mg (1.39%), Magnesium: 4.74mg (1.18%), Iron: 0.21mg (1.17%), Folate: 4.49µg (1.12%), Vitamin B6: 0.02mg (1.02%)