



Creamy Caper-Dill Sauce

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



138 kcal

SAUCE

Ingredients

- 1 tablespoon capers drained
- 1 teaspoon dijon mustard
- 2 teaspoons optional: dill fresh chopped
- 2 tablespoons juice of lemon fresh
- 0.3 teaspoon lemon rind grated
- 0.8 cup mayonnaise
- 0.3 teaspoon pepper
- 0.3 teaspoon salt

0.5 cup cup heavy whipping cream sour

Equipment

Directions

Stir together all ingredients. Cover and chill up to 3 days.

Nutrition Facts



PROTEIN 1.43% **FAT 95.86%** **CARBS 2.71%**

Properties

Glycemic Index:12.9, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:2.0113043649041%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 138.32kcal (6.92%), Fat: 14.83g (22.82%), Saturated Fat: 3.13g (19.58%), Carbohydrates: 0.94g (0.31%), Net Carbohydrates: 0.87g (0.32%), Sugar: 0.58g (0.64%), Cholesterol: 13.84mg (4.61%), Sodium: 196.09mg (8.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (1%), Vitamin K: 27.84µg (26.52%), Vitamin E: 0.61mg (4.06%), Vitamin A: 86.05IU (1.72%), Vitamin C: 1.38mg (1.68%), Vitamin B2: 0.02mg (1.45%), Selenium: 1µg (1.42%), Calcium: 14.14mg (1.41%), Phosphorus: 13.23mg (1.32%)