



Creamy Cilantro-Jalapeño Sauce

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



33 kcal

SAUCE

Ingredients

- 2 teaspoons dijon mustard
- 0.5 cup cilantro leaves fresh loosely packed chopped
- 2 tablespoons pickled jalapeño peppers diced
- 1 teaspoon lime zest
- 1 cup heavy whipping cream light sour
- 2 teaspoons onion yellow chopped

Equipment

- bowl

Directions

- Stir together all ingredients in a small bowl. Cover and chill 30 minutes. Store in an airtight container up to 2 days.

Nutrition Facts

PROTEIN 10.61% **FAT 66.13%** **CARBS 23.26%**

Properties

Glycemic Index:15.5, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.39000000051312%

Flavonoids

Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 33.16kcal (1.66%), Fat: 2.49g (3.83%), Saturated Fat: 1.52g (9.52%), Carbohydrates: 1.97g (0.66%), Net Carbohydrates: 1.81g (0.66%), Sugar: 0.22g (0.24%), Cholesterol: 8.05mg (2.68%), Sodium: 30.57mg (1.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Vitamin C: 4.07mg (4.94%), Calcium: 34.11mg (3.41%), Vitamin A: 162.58IU (3.25%), Vitamin K: 3.17µg (3.02%), Phosphorus: 18.73mg (1.87%), Vitamin B2: 0.03mg (1.87%), Potassium: 62.66mg (1.79%), Vitamin B12: 0.1µg (1.61%), Selenium: 1.08µg (1.54%), Vitamin E: 0.2mg (1.34%)