



Creamy Cilantro-Lime Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



46 kcal

SAUCE

Ingredients

- 1 tablespoon balsamic vinegar
- 2 tablespoons cilantro leaves fresh chopped
- 2 large garlic cloves minced
- 0.5 cup mayonnaise light
- 3 tablespoons juice of lime
- 0.3 cup skim milk
- 0.5 cup cup heavy whipping cream fat-free sour

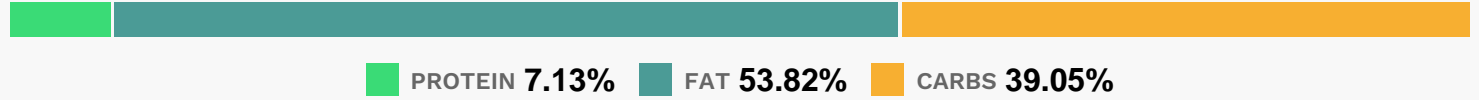
Equipment

whisk

Directions

Combine all ingredients, and stir well with a whisk. Cover sauce, and chill.

Nutrition Facts



Properties

Glycemic Index:16.14, Glycemic Load:0.36, Inflammation Score:-1, Nutrition Score:1.3699999976417%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 45.99kcal (2.3%), Fat: 2.78g (4.27%), Saturated Fat: 0.43g (2.72%), Carbohydrates: 4.53g (1.51%), Net Carbohydrates: 4.5g (1.64%), Sugar: 1.31g (1.45%), Cholesterol: 3.41mg (1.14%), Sodium: 125.32mg (5.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.65%), Vitamin K: 7µg (6.67%), Calcium: 31.14mg (3.11%), Phosphorus: 25.82mg (2.58%), Vitamin C: 1.73mg (2.1%), Vitamin B2: 0.03mg (1.92%), Vitamin E: 0.29mg (1.91%), Selenium: 1.28µg (1.83%), Vitamin B12: 0.09µg (1.52%), Vitamin A: 68.36IU (1.37%), Potassium: 46.47mg (1.33%)