



Creamy Cumin Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



79 kcal

SAUCE

Ingredients

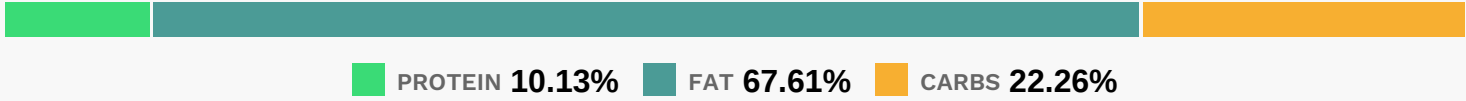
- ☐ 0.3 teaspoon chili powder
- ☐ 8 ounce carton cream sour reduced-fat
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 teaspoon salt

Equipment

Directions

☐ Combine all ingredients, stirring well. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:2.0613043423256%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 79.07kcal (3.95%), Fat: 6.07g (9.34%), Saturated Fat: 3.75g (23.43%), Carbohydrates: 4.49g (1.5%), Net Carbohydrates: 4.41g (1.6%), Sugar: 0.21g (0.23%), Cholesterol: 19.84mg (6.61%), Sodium: 194.76mg (8.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.09%), Calcium: 82.23mg (8.22%), Vitamin A: 252.5IU (5.05%), Phosphorus: 41.96mg (4.2%), Vitamin B2: 0.07mg (4.16%), Vitamin B12: 0.24µg (3.97%), Potassium: 130.55mg (3.73%), Selenium: 1.8µg (2.57%), Vitamin C: 1.69mg (2.05%), Zinc: 0.3mg (2%), Magnesium: 6.71mg (1.68%), Folate: 6.73µg (1.68%), Vitamin B1: 0.02mg (1.66%), Vitamin E: 0.25mg (1.66%)