



Creamy Dill Dipping Sauce

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



5

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons optional: dill fresh chopped
- 1 teaspoon juice of lemon
- 0.3 cup mayonnaise
- 5 servings salt and pepper to taste
- 0.5 cup cup heavy whipping cream sour

Equipment

- mixing bowl

Directions

- In a small mixing bowl, combine sour cream, mayonnaise, dill, lemon juice, and salt and pepper. Cover and refrigerate 1 to 2 hours before serving.

Nutrition Facts

PROTEIN 2.2% **FAT 93.87%** **CARBS 3.93%**

Properties

Glycemic Index:13, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.7560869308755%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 121.99kcal (6.1%), Fat: 12.84g (19.76%), Saturated Fat: 3.63g (22.71%), Carbohydrates: 1.21g (0.4%), Net Carbohydrates: 1.2g (0.44%), Sugar: 0.87g (0.97%), Cholesterol: 18.27mg (6.09%), Sodium: 272.15mg (11.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.36%), Vitamin K: 18.6µg (17.72%), Vitamin A: 162.98IU (3.26%), Vitamin E: 0.46mg (3.04%), Calcium: 24.64mg (2.46%), Vitamin B2: 0.04mg (2.43%), Phosphorus: 20.02mg (2%), Selenium: 1.11µg (1.59%), Vitamin B12: 0.06µg (1.03%)