



## Creamy Horseradish Dressing

 Vegetarian  Gluten Free

READY IN



7 min.

SERVINGS



64

CALORIES



4 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 teaspoons chives fresh chopped
- 2.5 teaspoons horseradish prepared
- 0.5 teaspoon juice of lemon fresh
- 0.8 cup cup heavy whipping cream sour reduced-fat
- 0.3 cup onion red chopped

### Equipment

- bowl

## Directions

Combine all ingredients in a small bowl. Stir until well blended; chill, if desired.

## Nutrition Facts



## Properties

Glycemic Index:2.17, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.12043478161744%

## Flavonoids

Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 4.05kcal (0.2%), Fat: 0.29g (0.44%), Saturated Fat: 0.18g (1.12%), Carbohydrates: 0.28g (0.09%), Net Carbohydrates: 0.26g (0.09%), Sugar: 0.05g (0.06%), Cholesterol: 0.94mg (0.31%), Sodium: 3.09mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.11g (0.21%)