Creamy Lemon-Dill Spread

Vegetarian Gluten Free

READY IN	SERVINGS	CALORIES
10 min.	10	68 kcal

CONDIMENT DIP SPREAD

Ingredients

- [ ] 2 teaspoons optional: dill fresh chopped
- [ ] 1 teaspoon juice of lemon fresh
- [ ] 1 teaspoon lemon rind grated
- [ ] 0.3 cup mayonnaise
- [ ] 1 small shallots minced
- [ ] 0.3 cup cup heavy whipping cream sour

Equipment

- [ ] bowl

Directions

- [ ] Stir together all ingredients in a small bowl; cover and chill at least 30 minutes.
- [ ] Brush on hot grilled corn.

Nutrition Facts

PROTEIN **1.91%** FAT **92.93%** CARBS **5.16%**

Properties

Glycemic Index:9.5, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:1.0482608786096%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 67.97kcal (3.4%), Fat: 7.08g (10.89%), Saturated Fat: 1.65g (10.3%), Carbohydrates: 0.89g (0.3%), Net Carbohydrates: 0.78g (0.28%), Sugar: 0.52g (0.58%), Cholesterol: 7.66mg (2.55%), Sodium: 50.12mg (2.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.65%), Vitamin K: 12.31µg (11.72%), Vitamin E: 0.28mg (1.84%), Vitamin A: 54.39IU (1.09%)