



Creamy Lime Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



190 kcal

SAUCE

Ingredients

- ☐ 1 garlic clove pressed
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.3 cup mayonnaise
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup cup heavy whipping cream sour
- ☐ 0.3 cup whipping cream

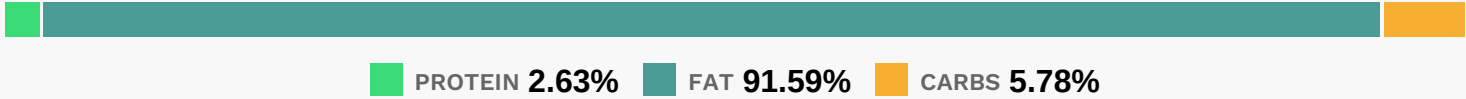
Equipment

- ☐ whisk

Directions

☐ Whisk together all ingredients. Cover and chill at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:13.33, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:2.8634782815757%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 189.77kcal (9.49%), Fat: 19.67g (30.26%), Saturated Fat: 7.4g (46.26%), Carbohydrates: 2.79g (0.93%), Net Carbohydrates: 2.74g (1%), Sugar: 1.61g (1.79%), Cholesterol: 37.13mg (12.38%), Sodium: 285.58mg (12.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.54%), Vitamin K: 21.21µg (20.2%), Vitamin A: 386.65IU (7.73%), Vitamin B2: 0.08mg (4.56%), Vitamin E: 0.66mg (4.41%), Vitamin C: 3.52mg (4.27%), Calcium: 41.2mg (4.12%), Phosphorus: 34.31mg (3.43%), Selenium: 1.83µg (2.61%), Potassium: 64.83mg (1.85%), Vitamin B5: 0.17mg (1.67%), Vitamin B12: 0.1µg (1.61%), Vitamin D: 0.24µg (1.58%), Vitamin B6: 0.03mg (1.37%), Magnesium: 4.86mg (1.22%), Zinc: 0.16mg (1.06%)