



## Creamy Smoked Paprika Sauce

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



5

CALORIES



186 kcal

SAUCE

### Ingredients

- 2 teaspoons capers minced
- 0.5 teaspoon dill weed dried
- 0.5 teaspoon ground pepper
- 0.5 teaspoon ground cumin
- 1 juice of lime juiced
- 0.5 cup mayonnaise
- 0.5 teaspoon oregano dried
- 0.5 cup yogurt plain

0.3 cup paprika smoked

## Equipment

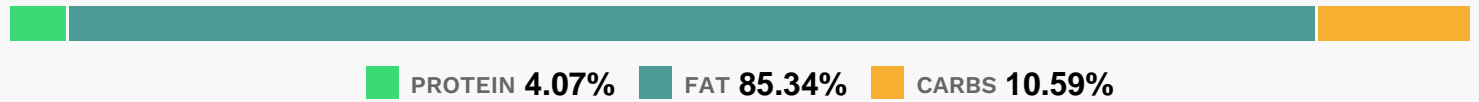
bowl

## Directions

Mix yogurt, mayonnaise, and lime juice in a bowl.

Add paprika, capers, oregano, cumin, dill, and cayenne pepper; stir until evenly mixed.

## Nutrition Facts



## Properties

Glycemic Index:25.2, Glycemic Load:0.46, Inflammation Score:-9, Nutrition Score:8.2782609760761%

## Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

## Nutrients (% of daily need)

Calories: 186.35kcal (9.32%), Fat: 18.35g (28.23%), Saturated Fat: 3.27g (20.41%), Carbohydrates: 5.12g (1.71%), Net Carbohydrates: 3.02g (1.1%), Sugar: 1.97g (2.18%), Cholesterol: 12.59mg (4.2%), Sodium: 180.11mg (7.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.94%), Vitamin A: 2797.65IU (55.95%), Vitamin K: 42.54µg (40.52%), Vitamin E: 2.44mg (16.29%), Fiber: 2.11g (8.43%), Iron: 1.49mg (8.28%), Vitamin B6: 0.14mg (6.86%), Vitamin B2: 0.11mg (6.55%), Manganese: 0.11mg (5.74%), Potassium: 186.35mg (5.32%), Calcium: 52.1mg (5.21%), Phosphorus: 48.28mg (4.83%), Magnesium: 15.55mg (3.89%), Vitamin B3: 0.61mg (3.07%), Zinc: 0.44mg (2.95%), Vitamin B5: 0.28mg (2.79%), Vitamin C: 2.23mg (2.7%), Copper: 0.05mg (2.69%), Vitamin B1: 0.03mg (2.1%), Selenium: 1.45µg (2.07%), Vitamin B12: 0.12µg (1.96%), Folate: 6.97µg (1.74%)