



## Creamy Wasabi Dressing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



252 kcal

SIDE DISH

### Ingredients

- 1 teaspoon juice of lemon
- 0.5 teaspoon lemon zest grated
- 0.3 cup mayonnaise
- 0.3 cup heavy whipping cream sour
- 1.5 teaspoons wasabi prepared

### Equipment

- bowl

## Directions

In a bowl, mix mayonnaise, sour cream, lemon peel, lemon juice, and wasabi to taste.

## Nutrition Facts

**PROTEIN 1.84%** **FAT 94.03%** **CARBS 4.13%**

## Properties

Glycemic Index:25, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:3.8017391964145%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 252.2kcal (12.61%), Fat: 26.55g (40.85%), Saturated Fat: 6.18g (38.63%), Carbohydrates: 2.63g (0.88%), Net Carbohydrates: 2.27g (0.83%), Sugar: 1.22g (1.36%), Cholesterol: 28.72mg (9.57%), Sodium: 187.4mg (8.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.33%), Vitamin K: 46.07µg (43.88%), Vitamin E: 1.03mg (6.88%), Vitamin C: 3.44mg (4.17%), Vitamin A: 199.02IU (3.98%), Calcium: 36.9mg (3.69%), Vitamin B2: 0.06mg (3.45%), Phosphorus: 30.99mg (3.1%), Selenium: 1.71µg (2.45%), Potassium: 66.21mg (1.89%), Vitamin B5: 0.16mg (1.57%), Vitamin B12: 0.09µg (1.57%), Magnesium: 5.97mg (1.49%), Fiber: 0.35g (1.41%), Zinc: 0.2mg (1.33%), Vitamin B6: 0.03mg (1.32%), Folate: 4.36µg (1.09%)