



Cucumber-Cilantro Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



32

CALORIES



4 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup cucumber grated peeled seeded
- 2 tablespoons cilantro leaves fresh chopped
- 2 teaspoons juice of lime fresh
- 0.3 cup cup heavy whipping cream sour reduced-fat
- 0.1 teaspoon salt

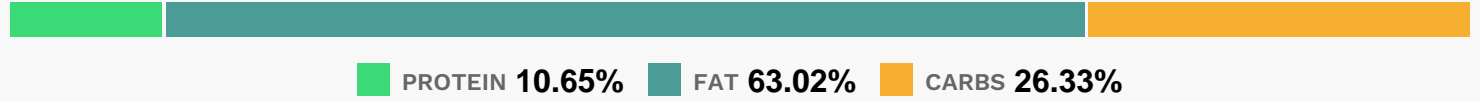
Equipment

- bowl

Directions

Combine all ingredients in a small bowl; stir well. Cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:1.47, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.13217391340953%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 3.59kcal (0.18%), Fat: 0.26g (0.4%), Saturated Fat: 0.16g (0.99%), Carbohydrates: 0.24g (0.08%), Net Carbohydrates: 0.23g (0.08%), Sugar: 0.04g (0.04%), Cholesterol: 0.84mg (0.28%), Sodium: 11.13mg (0.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.2%)