



Cumin-Lime Cream



Vegetarian



Gluten Free

READY IN



2 min.

SERVINGS



2

CALORIES



58 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 2 tablespoons mayonnaise light
- ☐ 1 tablespoon juice of lime
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup cup heavy whipping cream fat-free sour

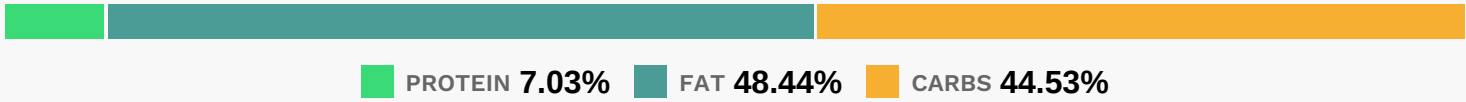
Equipment

bowl

Directions

Combine all ingredients in a small bowl.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:1.8391304255828%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 57.9kcal (2.89%), Fat: 3.19g (4.91%), Saturated Fat: 0.49g (3.07%), Carbohydrates: 6.6g (2.2%), Net Carbohydrates: 6.5g (2.36%), Sugar: 0.76g (0.84%), Cholesterol: 4.83mg (1.61%), Sodium: 447.79mg (19.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.09%), Vitamin K: 8.92µg (8.49%), Calcium: 40.79mg (4.08%), Vitamin A: 169.04IU (3.38%), Phosphorus: 32.27mg (3.23%), Vitamin C: 2.47mg (3%), Vitamin B2: 0.05mg (2.76%), Selenium: 1.92µg (2.75%), Vitamin E: 0.38mg (2.52%), Potassium: 59.33mg (1.7%), Vitamin B12: 0.09µg (1.44%), Magnesium: 4.97mg (1.24%), Folate: 4.88µg (1.22%), Iron: 0.21mg (1.18%), Zinc: 0.18mg (1.18%), Vitamin B1: 0.02mg (1.12%)