



Dijon Horseradish Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



117 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 1 teaspoon horseradish prepared
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 1 cup cup heavy whipping cream sour

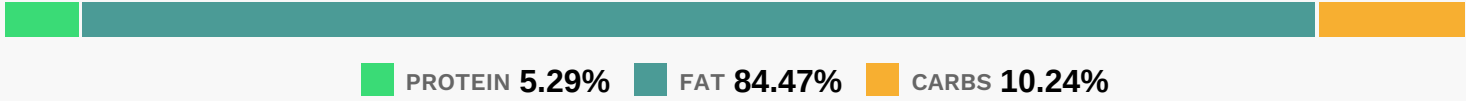
Equipment

- ☐ bowl

Directions

☐ Stir together all ingredients in a small bowl; cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:2.2239130333714%

Nutrients (% of daily need)

Calories: 117.05kcal (5.85%), Fat: 11.29g (17.38%), Saturated Fat: 5.82g (36.37%), Carbohydrates: 3.08g (1.03%), Net Carbohydrates: 2.85g (1.04%), Sugar: 2.11g (2.35%), Cholesterol: 33.92mg (11.31%), Sodium: 209.69mg (9.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.18%), Vitamin A: 361.6IU (7.23%), Calcium: 61.78mg (6.18%), Vitamin B2: 0.1mg (5.86%), Selenium: 3.44µg (4.92%), Phosphorus: 48.33mg (4.83%), Potassium: 82.27mg (2.35%), Vitamin B5: 0.21mg (2.07%), Magnesium: 8.1mg (2.03%), Vitamin B12: 0.12µg (2.01%), Manganese: 0.04mg (1.99%), Vitamin E: 0.23mg (1.55%), Zinc: 0.23mg (1.51%), Vitamin B6: 0.03mg (1.37%), Vitamin B1: 0.02mg (1.25%), Folate: 4.45µg (1.11%), Vitamin K: 1.14µg (1.09%), Vitamin C: 0.84mg (1.02%)