



## Dill Sauce

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



12

CALORIES



20 kcal

SAUCE

### Ingredients

- 2 teaspoons optional: dill fresh chopped
- 1 tablespoon juice of lemon
- 1.5 tablespoons mustard dijon-style prepared
- 0.5 cup cup heavy whipping cream sour

### Equipment

- whisk

## Directions

- Whisk together sour cream, mustard, lemon juice and dill until well blended. Chill before serving.

## Nutrition Facts

**PROTEIN 6.03%** **FAT 82.03%** **CARBS 11.94%**

## Properties

Glycemic Index:3.92, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.48304347920677%

## Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 20.4kcal (1.02%), Fat: 1.93g (2.96%), Saturated Fat: 0.97g (6.08%), Carbohydrates: 0.63g (0.21%), Net Carbohydrates: 0.55g (0.2%), Sugar: 0.38g (0.43%), Cholesterol: 5.65mg (1.88%), Sodium: 23.62mg (1.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.64%), Selenium: 0.99µg (1.42%), Vitamin A: 62.4IU (1.25%), Calcium: 10.97mg (1.1%), Vitamin B2: 0.02mg (1.03%)