



Dill Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



334 kcal

SAUCE

Ingredients

- ☐ 8 ounce carton commercial cream sour
- ☐ 1 tablespoon dill weed dried
- ☐ 1 teaspoon mustard dry
- ☐ 0.5 cup parsley fresh chopped
- ☐ 1 teaspoon garlic salt
- ☐ 2 drops hot sauce
- ☐ 2 tablespoons juice of lemon
- ☐ 1.5 cups mayonnaise

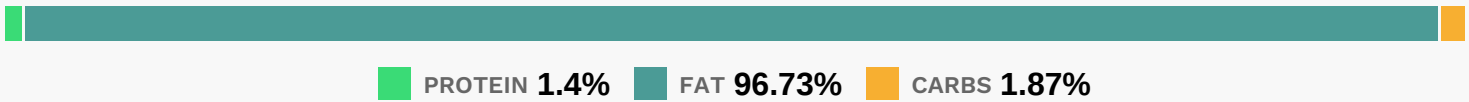
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon worcestershire sauce

Equipment

Directions

- ☐ Combine all ingredients, mixing well. Chill thoroughly.

Nutrition Facts



Properties

Glycemic Index:8.2, Glycemic Load:0.12, Inflammation Score:-5, Nutrition Score:7.0595652163029%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 334.34kcal (16.72%), Fat: 36.24g (55.75%), Saturated Fat: 9.54g (59.65%), Carbohydrates: 1.57g (0.52%), Net Carbohydrates: 1.4g (0.51%), Sugar: 1.03g (1.15%), Cholesterol: 39.74mg (13.25%), Sodium: 467.53mg (20.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.36%), Vitamin K: 106.4µg (101.33%), Vitamin A: 626.54IU (12.53%), Vitamin E: 1.75mg (11.68%), Vitamin C: 5.68mg (6.88%), Vitamin B2: 0.05mg (3.22%), Vitamin D: 0.43µg (2.87%), Calcium: 28.69mg (2.87%), Iron: 0.5mg (2.76%), Selenium: 1.88µg (2.68%), Phosphorus: 25.86mg (2.59%), Folate: 8.13µg (2.03%), Potassium: 64.54mg (1.84%), Magnesium: 5.79mg (1.45%), Vitamin B5: 0.13mg (1.33%), Vitamin B12: 0.08µg (1.28%), Manganese: 0.03mg (1.26%), Zinc: 0.16mg (1.08%), Vitamin B6: 0.02mg (1.05%)