



Easy Horseradish Dressing

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



117 kcal

SIDE DISH

Ingredients

- 2 tablespoons spring onion chopped
- 0.5 teaspoon pepper black
- 0.3 cup horseradish prepared
- 0.5 cup mayonnaise
- 1 cup yogurt plain
- 0.5 teaspoon salt
- 0.5 cup cream sour

Equipment

bowl

whisk

Directions

In a small bowl, whisk together the yogurt, sour cream, horseradish, green onion, mayonnaise, salt and pepper until well combined. Cover and chill until serving.

Nutrition Facts



PROTEIN 4.52% **FAT 86.83%** **CARBS 8.65%**

Properties

Glycemic Index:16.8, Glycemic Load:0.45, Inflammation Score:-1, Nutrition Score:2.5339130681494%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 117.39kcal (5.87%), Fat: 11.45g (17.62%), Saturated Fat: 2.99g (18.7%), Carbohydrates: 2.57g (0.86%), Net Carbohydrates: 2.31g (0.84%), Sugar: 2.11g (2.34%), Cholesterol: 14.67mg (4.89%), Sodium: 227.64mg (9.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.68%), Vitamin K: 21.2µg (20.19%), Calcium: 46.9mg (4.69%), Phosphorus: 36.83mg (3.68%), Vitamin B2: 0.06mg (3.46%), Vitamin E: 0.43mg (2.89%), Vitamin C: 1.95mg (2.36%), Vitamin A: 115.81IU (2.32%), Vitamin B12: 0.13µg (2.14%), Potassium: 74.01mg (2.11%), Selenium: 1.4µg (2%), Folate: 7.17µg (1.79%), Zinc: 0.26mg (1.7%), Vitamin B5: 0.16mg (1.61%), Magnesium: 6.24mg (1.56%), Manganese: 0.03mg (1.28%), Fiber: 0.25g (1.02%)