



Easy Sour Cream Fruit Topping

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



5

CALORIES



117 kcal

SIDE DISH

Ingredients

- 1 cup knudsen cream sour
- 2 Tbsp honey
- 1 Tbsp juice of lemon

Equipment

Directions

- Mix all ingredients until well blended; cover.

Refrigerate at least 1 hour.

Serve spooned over assorted fresh berries.

Nutrition Facts

PROTEIN 3.8% **FAT 65.86%** **CARBS 30.34%**

Properties

Glycemic Index:10.45, Glycemic Load:3.61, Inflammation Score:-2, Nutrition Score:1.6186956559186%

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 Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 117.28kcal (5.86%), Fat: 8.93g (13.74%), Saturated Fat: 4.65g (29.05%), Carbohydrates: 9.26g (3.09%), Net Carbohydrates: 9.23g (3.36%), Sugar: 8.54g (9.49%), Cholesterol: 27.14mg (9.05%), Sodium: 14.63mg (0.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.32%), Vitamin A: 286.76IU (5.74%), Vitamin B2: 0.08mg (4.76%), Calcium: 47.14mg (4.71%), Phosphorus: 35.54mg (3.55%), Selenium: 1.77µg (2.53%), Vitamin C: 1.62mg (1.96%), Potassium: 64.96mg (1.86%), Vitamin B5: 0.16mg (1.64%), Vitamin B12: 0.1µg (1.61%), Magnesium: 4.95mg (1.24%), Vitamin E: 0.18mg (1.2%), Zinc: 0.17mg (1.15%), Vitamin B6: 0.02mg (1.11%)