



## Fluffy Horseradish Sauce

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



84 kcal

SAUCE

### Ingredients

- 1 Tbsp parsley fresh chopped
- 0.3 teaspoon garlic salt
- 4 tablespoons horseradish prepared
- 1 cup whipping cream

### Equipment

- stand mixer

## Directions

- Beat 1 cup whipping cream at medium-high speed with a heavy-duty stand mixer 1 minute or until stiff peaks form.
- Fold in remaining ingredients.
- Serve immediately, or cover and refrigerate up to 8 hours.

## Nutrition Facts

**PROTEIN 3.51%** **FAT 90.1%** **CARBS 6.39%**

## Properties

Glycemic Index:6.7, Glycemic Load:0.17, Inflammation Score:-3, Nutrition Score:1.6126086880331%

## Flavonoids

Apigenin: 0.82mg, Apigenin: 0.82mg, Apigenin: 0.82mg, Apigenin: 0.82mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

## Nutrients (% of daily need)

Calories: 83.94kcal (4.2%), Fat: 8.64g (13.29%), Saturated Fat: 5.48g (34.25%), Carbohydrates: 1.38g (0.46%), Net Carbohydrates: 1.17g (0.42%), Sugar: 1.18g (1.31%), Cholesterol: 26.89mg (8.96%), Sodium: 89.98mg (3.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.52%), Vitamin A: 381.99IU (7.64%), Vitamin K: 7.07µg (6.73%), Vitamin B2: 0.05mg (2.74%), Vitamin C: 2.14mg (2.6%), Vitamin D: 0.38µg (2.54%), Calcium: 19.63mg (1.96%), Phosphorus: 15.88mg (1.59%), Vitamin E: 0.22mg (1.48%), Selenium: 0.88µg (1.26%), Folate: 4.95µg (1.24%), Potassium: 39.49mg (1.13%)