



Fresh Horseradish Sauce

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



46 kcal

SAUCE

Ingredients

- ☐ 1.5 cups crème fraîche sour
- ☐ 3 tablespoons flat-leaf parsley chopped
- ☐ 4 ounces horseradish fresh
- ☐ 15 servings salt and pepper black freshly ground
- ☐ 2 tablespoons white-wine vinegar

Equipment

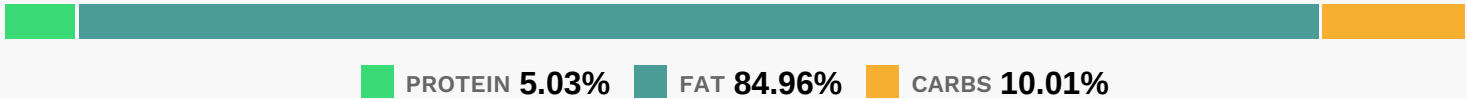
- ☐ food processor
- ☐ bowl

- ☐ whisk
- ☐ peeler

Directions

- ☐ Peel the horseradish root with a vegetable peeler. Grate finely or whirl in a food processor until finely chopped. In a small bowl, mix horseradish with vinegar.
- ☐ In another bowl, whisk crme frache until slightly thickened. Stir in horseradish mixture, parsley, and salt and pepper to taste.
- ☐ * Fresh horseradish is sold in well-stocked produce markets; if you can't find it, you can substitute 1/4 to 1/2 cup prepared horseradish and omit the vinegar. Either way, make the sauce a day ahead of time to allow the flavors to blend.
- ☐ Make ahead: 1 day; keep chilled.

Nutrition Facts



Properties

Glycemic Index:4.27, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:1.5126086628955%

Flavonoids

Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg

Nutrients (% of daily need)

Calories: 46.46kcal (2.32%), Fat: 4.47g (6.88%), Saturated Fat: 2.33g (14.53%), Carbohydrates: 1.18g (0.39%), Net Carbohydrates: 1.13g (0.41%), Sugar: 0.79g (0.88%), Cholesterol: 13.57mg (4.52%), Sodium: 7.76mg (0.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.19%), Vitamin K: 13.63µg (12.98%), Vitamin A: 211.23IU (4.22%), Calcium: 24.9mg (2.49%), Vitamin B2: 0.04mg (2.33%), Phosphorus: 18.26mg (1.83%), Vitamin C: 1.28mg (1.55%), Selenium: 0.86µg (1.22%), Potassium: 35.29mg (1.01%)