



Garlic-Chive Sauce

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



25 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 0.8 teaspoon lemon zest
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup cream light sour

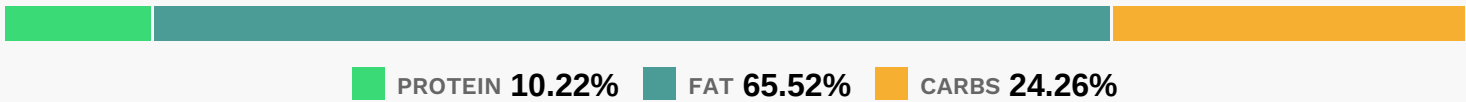
Equipment

☐ bowl

Directions

- ☐ Stir together all ingredients in a small bowl. Cover and chill 30 minutes before serving.
- ☐ *Light mayonnaise may be substituted.

Nutrition Facts



Properties

Glycemic Index:10.7, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:0.73913042895172%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 24.63kcal (1.23%), Fat: 1.84g (2.83%), Saturated Fat: 1.14g (7.13%), Carbohydrates: 1.53g (0.51%), Net Carbohydrates: 1.49g (0.54%), Sugar: 0.11g (0.12%), Cholesterol: 6.04mg (2.01%), Sodium: 72.55mg (3.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.29%), Calcium: 25.62mg (2.56%), Vitamin C: 1.49mg (1.8%), Vitamin A: 70.01IU (1.4%), Phosphorus: 13.12mg (1.31%), Vitamin B2: 0.02mg (1.29%), Vitamin B12: 0.07µg (1.21%), Potassium: 41.56mg (1.19%)