



Gingered Sour Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



118 kcal

SIDE DISH

Ingredients

- 2 tablespoons apple cider
- 2 teaspoons ginger freshly grated
- 1 cup cup heavy whipping cream sour

Equipment

- bowl

Directions

In a small bowl, stir together sour cream, apple cider, and ginger until blended.

Nutrition Facts

PROTEIN 4.72% **FAT 83.09%** **CARBS 12.19%**

Properties

Glycemic Index:13.94, Glycemic Load:0.36, Inflammation Score:-2, Nutrition Score:1.9143478449272%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 118.1kcal (5.91%), Fat: 11.17g (17.19%), Saturated Fat: 5.81g (36.32%), Carbohydrates: 3.69g (1.23%), Net Carbohydrates: 3.65g (1.33%), Sugar: 2.7g (3%), Cholesterol: 33.92mg (11.31%), Sodium: 18.25mg (0.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.86%), Vitamin A: 358.3IU (7.17%), Calcium: 58.83mg (5.88%), Vitamin B2: 0.1mg (5.78%), Phosphorus: 44.56mg (4.46%), Selenium: 2.14µg (3.06%), Potassium: 83.6mg (2.39%), Vitamin B12: 0.12µg (2.01%), Vitamin B5: 0.2mg (1.99%), Magnesium: 6.55mg (1.64%), Vitamin E: 0.22mg (1.48%), Vitamin B6: 0.03mg (1.33%), Zinc: 0.19mg (1.3%)