

Herb-Garlic Cream

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



51 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons chives fresh minced
- ☐ 1.5 tablespoons thyme leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons mayonnaise low-fat
- ☐ 0.7 cup cup heavy whipping cream fat-free sour
- ☐ 1.5 teaspoons worcestershire sauce

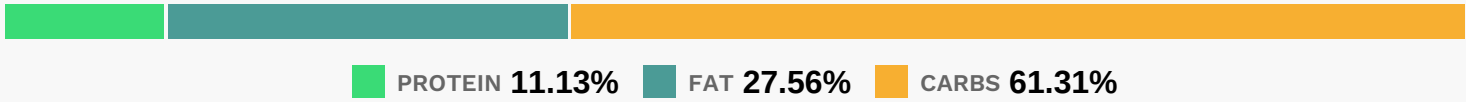
Equipment

bowl

Directions

Combine all ingredients in a small bowl; cover and chill.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:0.22, Inflammation Score:-9, Nutrition Score:2.8060869419056%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 51.29kcal (2.56%), Fat: 1.62g (2.49%), Saturated Fat: 0.26g (1.61%), Carbohydrates: 8.09g (2.7%), Net Carbohydrates: 7.64g (2.78%), Sugar: 0.66g (0.73%), Cholesterol: 4.57mg (1.52%), Sodium: 141.62mg (6.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.94%), Vitamin K: 7.19µg (6.85%), Vitamin C: 5.6mg (6.79%), Calcium: 64.67mg (6.47%), Vitamin A: 295.19IU (5.9%), Vitamin B2: 0.08mg (4.44%), Phosphorus: 43.81mg (4.38%), Manganese: 0.08mg (3.98%), Iron: 0.64mg (3.53%), Selenium: 2.35µg (3.36%), Potassium: 94.71mg (2.71%), Magnesium: 9.5mg (2.37%), Vitamin B12: 0.12µg (1.92%), Folate: 7.48µg (1.87%), Fiber: 0.45g (1.81%), Zinc: 0.27mg (1.78%), Copper: 0.03mg (1.64%), Vitamin B1: 0.02mg (1.44%), Vitamin B6: 0.03mg (1.43%), Vitamin E: 0.16mg (1.07%)