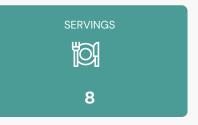


Homemade Mexican Crema







SIDE DISH

Ingredients

1 teaspoon	salt

1 cup cup heavy whipping cream

1 cup cream sour

Equipment

bowl

plastic wrap

Directions Mix Combine all the ingredients in a bowl, cover with plastic wrap, and set it out at room temperature for hours. Serve or Store Transfer to a serving bowl if using right away, or transfer to an airtight container and refrigerate if storing. **COOKING NOTES ADVANCE PREPARATION** When purchasing sour cream, pay attention to the expiration date. The crema can be made and stored in an airtight container in the refrigerator for as long as the sour cream would last. Bring the crema to room temperature before serving. Reprinted with permission from Simply Mexican by Lourdes Castro, © April 2009 Ten Speed Press **Nutrition Facts**

Properties

Glycemic Index:O, Glycemic Load:O, Inflammation Score:-4, Nutrition Score:2.1356521754161%

Nutrients (% of daily need)

Calories: 158.07kcal (7.9%), Fat: 16.32g (25.1%), Saturated Fat: 9.75g (60.91%), Carbohydrates: 2.18g (0.73%), Net Carbohydrates: 2.18g (0.79%), Sugar: 1.85g (2.05%), Cholesterol: 50.58mg (16.86%), Sodium: 307.63mg (13.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.09%), Vitamin A: 616.44IU (12.33%), Vitamin B2: 0.1mg (6.13%), Calcium: 48.85mg (4.89%), Phosphorus: 39.1mg (3.91%), Vitamin D: 0.48µg (3.17%), Selenium: 1.96µg (2.8%), Vitamin E: 0.38mg (2.55%), Potassium: 64.26mg (1.84%), Vitamin B12: 0.11µg (1.8%), Vitamin B5: 0.17mg (1.72%), Vitamin K: 1.38µg (1.32%), Magnesium: 4.97mg (1.24%), Zinc: 0.17mg (1.11%), Vitamin B6: 0.02mg (1.11%)

PROTEIN 3.82% FAT 90.79% CARBS 5.39%