



Homemade Mexican Crema

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



158 kcal

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.
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Nutrition Facts

PROTEIN 3.82% **FAT 90.79%** **CARBS 5.39%**

Properties

Glycemic Index:0, Glycemic Load:0, 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: 0g (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%)