



## Honey and Citrus Dressing

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



63 kcal

SIDE DISH

### Ingredients

- 2 teaspoons green onion chopped
- 1 dash ground pepper black
- 1 teaspoon honey
- 2 tablespoons orange juice concentrate frozen thawed ()
- 1 dash salt
- 2 teaspoons sesame oil
- 0.3 cup cup heavy whipping cream sour

### Equipment

blender

## Directions

Combine the sour cream, orange juice concentrate, green onion, sesame oil, honey, salt, and pepper in a blender; blend until smooth, about 2 minutes.

## Nutrition Facts



## Properties

Glycemic Index:29.07, Glycemic Load:0.77, Inflammation Score:-1, Nutrition Score:1.6413043620794%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 62.79kcal (3.14%), Fat: 4.81g (7.4%), Saturated Fat: 1.74g (10.88%), Carbohydrates: 4.8g (1.6%), Net Carbohydrates: 4.69g (1.71%), Sugar: 4.15g (4.61%), Cholesterol: 8.48mg (2.83%), Sodium: 14.9mg (0.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.11%), Vitamin C: 11.05mg (13.39%), Vitamin A: 127.68IU (2.55%), Vitamin K: 2.63µg (2.5%), Vitamin B2: 0.04mg (2.27%), Potassium: 68.48mg (1.96%), Calcium: 18.27mg (1.83%), Folate: 7.23µg (1.81%), Vitamin B1: 0.02mg (1.59%), Phosphorus: 15.91mg (1.59%), Vitamin B6: 0.03mg (1.31%), Magnesium: 4.3mg (1.08%)