



Horseradish Cream



Vegetarian



Gluten Free

READY IN



7 min.

SERVINGS



7

CALORIES



121 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons chives finely chopped
- ☐ 1 cup heavy whipping cream
- ☐ 2 tablespoons horseradish prepared
- ☐ 2 teaspoons mustard english prepared
- ☐ 0.5 teaspoon salt

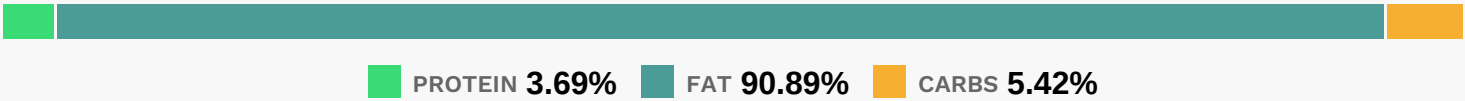
Equipment

- ☐ hand mixer

Directions

- ☐ Beat whipping cream at medium–high speed with an electric mixer until soft peaks form. Fold in chives and remaining ingredients. Cover and chill until ready to serve.
- ☐ Serve with Prime Rib.

Nutrition Facts



Properties

Glycemic Index:11.43, Glycemic Load:0.13, Inflammation Score:-3, Nutrition Score:1.7921739065129%

Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 120.7kcal (6.03%), Fat: 12.48g (19.2%), Saturated Fat: 7.84g (48.97%), Carbohydrates: 1.67g (0.56%), Net Carbohydrates: 1.51g (0.55%), Sugar: 1.54g (1.71%), Cholesterol: 38.42mg (12.81%), Sodium: 314.74mg (13.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.28%), Vitamin A: 537.2IU (10.74%), Vitamin B2: 0.07mg (3.88%), Vitamin D: 0.54µg (3.63%), Vitamin K: 2.97µg (2.83%), Calcium: 25.73mg (2.57%), Phosphorus: 21.55mg (2.15%), Vitamin C: 1.77mg (2.14%), Vitamin E: 0.31mg (2.1%), Selenium: 1.15µg (1.64%), Potassium: 45.41mg (1.3%), Folate: 4.7µg (1.18%)