



Horseradish Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



123 kcal

SIDE DISH

Ingredients

- 1 cup cream sour
- 3 tablespoons horseradish white prepared
- 0.5 teaspoon honey
- 0.3 teaspoon hot sauce such as tabasco
- 1 serving coarse mustard

Equipment

- bowl
- whisk

Directions

In a medium bowl, whisk together sour cream, horseradish, honey, and hot sauce. For a thinner sauce, add up to 1 tablespoon water. Season with salt and pepper.

Nutrition Facts

PROTEIN 5.03% **FAT 80.06%** **CARBS 14.91%**

Properties

Glycemic Index:29.82, Glycemic Load:0.69, Inflammation Score:-3, Nutrition Score:2.4743478531423%

Nutrients (% of daily need)

Calories: 122.7kcal (6.14%), Fat: 11.28g (17.35%), Saturated Fat: 5.82g (36.38%), Carbohydrates: 4.73g (1.58%), Net Carbohydrates: 4.3g (1.56%), Sugar: 3.6g (4%), Cholesterol: 33.92mg (11.31%), Sodium: 85.47mg (3.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.19%), Vitamin A: 359.74IU (7.19%), Calcium: 65.24mg (6.52%), Vitamin B2: 0.1mg (5.92%), Phosphorus: 48.6mg (4.86%), Vitamin C: 3.52mg (4.26%), Selenium: 2.87µg (4.11%), Potassium: 102.24mg (2.92%), Folate: 9.98µg (2.5%), Magnesium: 9.42mg (2.35%), Vitamin B5: 0.21mg (2.08%), Vitamin B12: 0.12µg (2.01%), Zinc: 0.29mg (1.96%), Fiber: 0.43g (1.71%), Vitamin B6: 0.03mg (1.66%), Vitamin E: 0.22mg (1.5%), Manganese: 0.03mg (1.33%)