

# Horseradish Cream Sauce

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



107 kcal

SAUCE

## Ingredients

- 2 tablespoons dijon mustard
- 0.8 cup heavy cream soft
- 0.5 cup horseradish prepared
- 0.3 cup mayonnaise
- 10 servings salt and pepper black to taste
- 1 pinch sugar white to taste

## Equipment

- bowl

## Directions

- Stir the mayonnaise, horseradish, and Dijon mustard in a bowl until evenly combined. Fold in the whipped cream, then season to taste with sugar, salt, and pepper.

## Nutrition Facts

**PROTEIN 3.04%** **FAT 89.08%** **CARBS 7.88%**

## Properties

Glycemic Index:18.71, Glycemic Load:0.43, Inflammation Score:-2, Nutrition Score:2.019130445045%

## Nutrients (% of daily need)

Calories: 106.75kcal (5.34%), Fat: 10.82g (16.64%), Saturated Fat: 4.78g (29.87%), Carbohydrates: 2.15g (0.72%), Net Carbohydrates: 1.63g (0.59%), Sugar: 1.65g (1.84%), Cholesterol: 22.52mg (7.51%), Sodium: 317.57mg (13.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.66%), Vitamin K: 9.9µg (9.43%), Vitamin A: 268.4IU (5.37%), Vitamin C: 3.11mg (3.77%), Selenium: 2.02µg (2.89%), Vitamin E: 0.36mg (2.4%), Vitamin B2: 0.04mg (2.32%), Calcium: 20.96mg (2.1%), Fiber: 0.52g (2.1%), Folate: 8.04µg (2.01%), Vitamin D: 0.3µg (1.98%), Phosphorus: 18.49mg (1.85%), Magnesium: 5.99mg (1.5%), Potassium: 52.14mg (1.49%), Manganese: 0.03mg (1.44%), Zinc: 0.17mg (1.14%)