



Horseradish Crème Fraîche



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



120 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup crème fraîche sour
- ☐ 1 tablespoon horseradish prepared
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 teaspoon salt

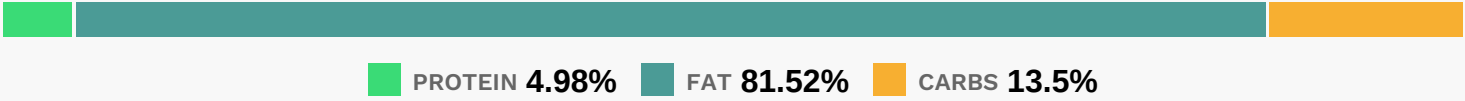
Equipment

- ☐ bowl
- ☐ whisk

Directions

☐ Whisk together all ingredients in a small bowl. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:0.24, Inflammation Score:-3, Nutrition Score:2.5421739026256%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 119.73kcal (5.99%), Fat: 11.23g (17.28%), Saturated Fat: 5.82g (36.38%), Carbohydrates: 4.19g (1.4%), Net Carbohydrates: 3.85g (1.4%), Sugar: 2.75g (3.06%), Cholesterol: 33.92mg (11.31%), Sodium: 340.14mg (14.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.09%), Vitamin A: 360.19IU (7.2%), Vitamin C: 5.29mg (6.41%), Calcium: 64.01mg (6.4%), Vitamin B2: 0.1mg (5.88%), Phosphorus: 47.02mg (4.7%), Selenium: 2.36µg (3.37%), Potassium: 101.43mg (2.9%), Manganese: 0.05mg (2.47%), Folate: 9.27µg (2.32%), Magnesium: 8.66mg (2.16%), Vitamin B5: 0.21mg (2.13%), Vitamin B12: 0.12µg (2.01%), Zinc: 0.26mg (1.73%), Vitamin B6: 0.03mg (1.66%), Vitamin E: 0.23mg (1.55%), Fiber: 0.33g (1.33%), Vitamin K: 1.37µg (1.3%)