



Horseradish-Herb Sour Cream Sauce



Vegetarian



Gluten Free

READY IN



3 min.

SERVINGS



32

CALORIES



8 kcal

SAUCE

Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 1 teaspoon rosemary leaves fresh chopped
- ☐ 1 teaspoon horseradish prepared
- ☐ 2 tablespoons mayonnaise light
- ☐ 2 teaspoons olive oil extra virgin extra-virgin
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup cream light sour

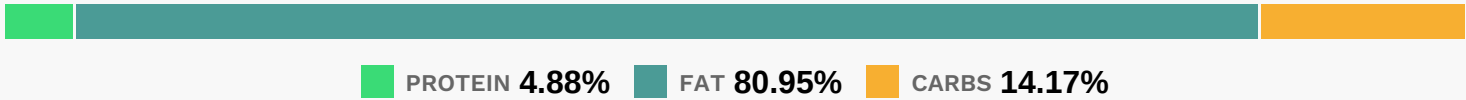
Equipment

bowl

Directions

Combine all ingredients in a small bowl, stirring until well blended.

Nutrition Facts



Properties

Glycemic Index:2.09, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.14086956644188%

Nutrients (% of daily need)

Calories: 7.73kcal (0.39%), Fat: 0.7g (1.08%), Saturated Fat: 0.22g (1.4%), Carbohydrates: 0.28g (0.09%), Net Carbohydrates: 0.27g (0.1%), Sugar: 0.05g (0.06%), Cholesterol: 0.98mg (0.33%), Sodium: 29.77mg (1.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.19%)