



Horseradish Sauce

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



516 kcal

SAUCE

Ingredients

- 1 tablespoon dijon mustard
- 2 spring onion finely chopped
- 2 teaspoons horseradish prepared
- 0.3 cup mayonnaise
- 0.3 cup cream sour

Equipment

Nutrition Facts

PROTEIN 2.4% FAT 92.49% CARBS 5.11%

Properties

Glycemic Index:149, Glycemic Load:0.85, Inflammation Score:-6, Nutrition Score:10.142608695652%

Flavonoids

Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 516.28kcal (25.81%), Fat: 53.66g (82.56%), Saturated Fat: 12.41g (77.59%), Carbohydrates: 6.67g (2.22%), Net Carbohydrates: 5.07g (1.84%), Sugar: 3.85g (4.28%), Cholesterol: 57.45mg (19.15%), Sodium: 584.27mg (25.4%), Protein: 3.14g (6.27%), Vitamin K: 142.18µg (135.41%), Vitamin E: 2.24mg (14.94%), Vitamin A: 644.76IU (12.9%), Selenium: 8.94µg (12.77%), Calcium: 94.89mg (9.49%), Vitamin C: 7.58mg (9.19%), Phosphorus: 83.64mg (8.36%), Vitamin B2: 0.14mg (8.16%), Folate: 28.36µg (7.09%), Fiber: 1.6g (6.4%), Manganese: 0.12mg (6.19%), Potassium: 196.42mg (5.61%), Magnesium: 21.01mg (5.25%), Iron: 0.79mg (4.41%), Vitamin B1: 0.06mg (3.96%), Zinc: 0.55mg (3.64%), Vitamin B5: 0.36mg (3.62%), Vitamin B12: 0.19µg (3.13%), Vitamin B6: 0.06mg (3.02%), Copper: 0.06mg (2.89%), Vitamin B3: 0.3mg (1.51%)