



Horseradish Sauce

 Vegetarian  Gluten Free

READY IN



3 min.

SERVINGS



1

CALORIES



555 kcal

SAUCE

Ingredients

- 1 serving ground pepper to taste (optional or)
- 1 tablespoon apple cider vinegar
- 3 tablespoons horseradish prepared (do not use horseradish spread)
- 3 tablespoons mayonnaise
- 1 teaspoon ground mustard dried
- 0.5 cup cream sour

Equipment

Nutrition Facts

PROTEIN 3.19% FAT 87.95% CARBS 8.86%

Properties

Glycemic Index:157, Glycemic Load:1.62, Inflammation Score:-8, Nutrition Score:12.086086956522%

Nutrients (% of daily need)

Calories: 554.57kcal (27.73%), Fat: 55.11g (84.78%), Saturated Fat: 16.67g (104.22%), Carbohydrates: 12.48g (4.16%), Net Carbohydrates: 10.21g (3.71%), Sugar: 8.16g (9.07%), Cholesterol: 85.49mg (28.5%), Sodium: 492.96mg (21.43%), Protein: 4.5g (9%), Vitamin K: 72.48µg (69.03%), Vitamin A: 1577.47IU (31.55%), Vitamin C: 13.91mg (16.86%), Vitamin E: 2.52mg (16.78%), Selenium: 10.83µg (15.48%), Calcium: 154.04mg (15.4%), Vitamin B2: 0.24mg (13.86%), Phosphorus: 133.79mg (13.38%), Folate: 40.01µg (10%), Manganese: 0.2mg (9.93%), Potassium: 328.84mg (9.4%), Fiber: 2.27g (9.09%), Magnesium: 35.26mg (8.81%), Vitamin B6: 0.14mg (7.02%), Zinc: 0.99mg (6.62%), Vitamin B5: 0.52mg (5.17%), Vitamin B12: 0.29µg (4.87%), Iron: 0.73mg (4.04%), Copper: 0.08mg (3.82%), Vitamin B1: 0.05mg (3.56%), Vitamin B3: 0.55mg (2.75%)