

Horseradish Sauce

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



115 kcal

SAUCE

Ingredients

- 1 tablespoon optional: dill fresh chopped
- 2 teaspoons horseradish prepared
- 4 servings salt to taste
- 1 cup cream sour

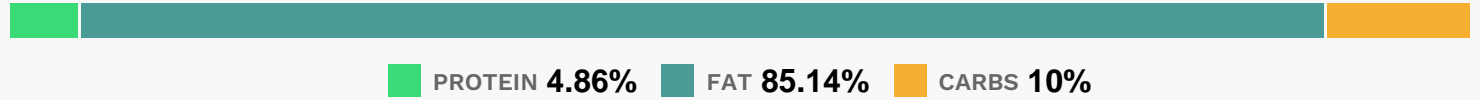
Equipment

- bowl

Directions

- In a small bowl, stir together sour cream, horseradish, and dill. Season to taste with salt.
- Serve.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:1.9626086924387%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 115.09kcal (5.75%), Fat: 11.17g (17.19%), Saturated Fat: 5.81g (36.31%), Carbohydrates: 2.95g (0.98%), Net Carbohydrates: 2.87g (1.04%), Sugar: 2.16g (2.4%), Cholesterol: 33.92mg (11.31%), Sodium: 222.18mg (9.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.87%), Vitamin A: 365.99IU (7.32%), Calcium: 59.8mg (5.98%), Vitamin B2: 0.1mg (5.74%), Phosphorus: 44.54mg (4.45%), Selenium: 2.2µg (3.14%), Potassium: 78.8mg (2.25%), Vitamin B12: 0.12µg (2.01%), Vitamin B5: 0.2mg (1.96%), Magnesium: 6.49mg (1.62%), Vitamin C: 1.23mg (1.48%), Vitamin E: 0.22mg (1.46%), Zinc: 0.21mg (1.41%), Vitamin B6: 0.03mg (1.28%), Folate: 5.03µg (1.26%)