Horseradish-Sour Cream Sauce

Vegetarian Gluten Free

READY IN	SERVINGS	CALORIES
10 min.	10	47 kcal

SAUCE

Ingredients

- [ ] 10 servings garnish: chives fresh sliced
- [ ] 2 tablespoons chives fresh thinly sliced
- [ ] 0.5 teaspoon coarsely ground pepper
- [ ] 4 teaspoons horseradish
- [ ] 1 teaspoon lemon zest
- [ ] 0.3 teaspoon salt
- [ ] 8 oz cup heavy whipping cream sour

Equipment

Directions

- [ ] Stir together first 6 ingredients. Cover and chill 30 minutes before serving.
- [ ] Garnish, if desired. Store in an airtight container in refrigerator up to 2 days.

Nutrition Facts

PROTEIN **5.33%** FAT **82.7%** CARBS **11.97%**

Properties

Glycemic Index:15.7, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:1.236956520573%

Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 46.69kcal (2.33%), Fat: 4.43g (6.81%), Saturated Fat: 2.3g (14.35%), Carbohydrates: 1.44g (0.48%), Net Carbohydrates: 1.29g (0.47%), Sugar: 0.97g (1.08%), Cholesterol: 13.38mg (4.46%), Sodium: 73.65mg (3.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.29%), Vitamin A: 211.63IU (4.23%), Vitamin K: 3.94µg (3.75%), Calcium: 26.25mg (2.62%), Vitamin B2: 0.04mg (2.4%), Vitamin C: 1.89mg (2.29%), Phosphorus: 18.97mg (1.9%), Selenium: 0.92µg (1.31%), Manganese: 0.02mg (1.19%), Potassium: 39.67mg (1.13%), Folate: 4.22µg (1.06%)