



Horseradish-Walnut Sauce



Vegetarian



Gluten Free

READY IN



4 min.

SERVINGS



4

CALORIES



66 kcal

SAUCE

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon spring onion finely chopped
- ☐ 2 teaspoons horseradish prepared
- ☐ 2.5 tablespoons mayonnaise light
- ☐ 2.5 tablespoons cream light sour
- ☐ 2 tablespoons walnut pieces toasted finely chopped

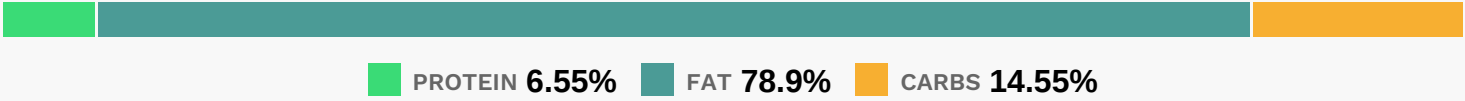
Equipment

- ☐ bowl

Directions

☐ Combine all ingredients in a small bowl.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:2.0700000242695%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 65.72kcal (3.29%), Fat: 6.02g (9.26%), Saturated Fat: 1.11g (6.92%), Carbohydrates: 2.5g (0.83%), Net Carbohydrates: 2.01g (0.73%), Sugar: 0.69g (0.77%), Cholesterol: 4.03mg (1.34%), Sodium: 89.45mg (3.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.25%), Manganese: 0.19mg (9.64%), Vitamin K: 8.21µg (7.82%), Copper: 0.09mg (4.34%), Phosphorus: 25.47mg (2.55%), Magnesium: 10.01mg (2.5%), Folate: 8.48µg (2.12%), Fiber: 0.49g (1.95%), Calcium: 19.03mg (1.9%), Vitamin E: 0.26mg (1.73%), Vitamin B6: 0.03mg (1.58%), Zinc: 0.23mg (1.51%), Potassium: 52.61mg (1.5%), Vitamin B1: 0.02mg (1.46%), Vitamin C: 1.04mg (1.26%), Iron: 0.21mg (1.15%), Selenium: 0.79µg (1.13%), Vitamin B2: 0.02mg (1.09%)