



Hot Peppered Sour Cream

 Vegetarian  Gluten Free

READY IN



2 min.

SERVINGS



32

CALORIES



5 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon ground pepper red
- 1 tablespoon juice of lemon fresh
- 0.5 teaspoon salt
- 0.5 cup cup heavy whipping cream light sour

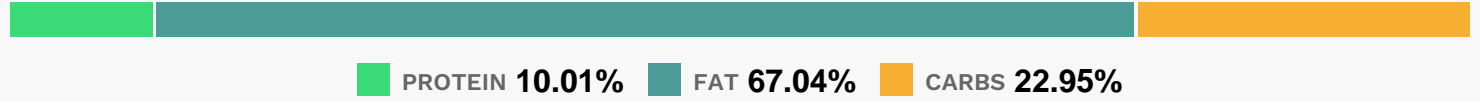
Equipment

- whisk

Directions

Combine all ingredients, stirring well with a whisk. Cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:1, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.13826086906635%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 5.04kcal (0.25%), Fat: 0.38g (0.59%), Saturated Fat: 0.24g (1.49%), Carbohydrates: 0.3g (0.1%), Net Carbohydrates: 0.29g (0.11%), Sugar: 0.02g (0.02%), Cholesterol: 1.26mg (0.42%), Sodium: 39.33mg (1.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.26%)