



Jalapeño Sour Cream



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



96 kcal

SIDE DISH

Ingredients



1 slices jalapeno



0.3 cup jalapeno chopped



8 oz cream sour

Equipment

Directions

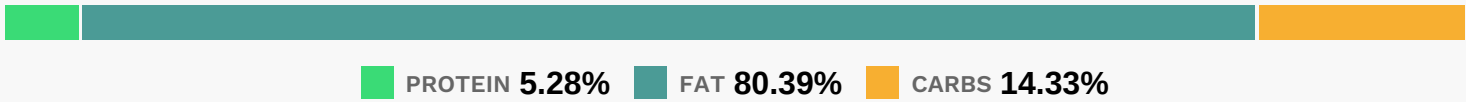


Stir together first 2 ingredients. Cover and chill until ready to serve.

☐

Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:12.8, Glycemic Load:0.27, Inflammation Score:-4, Nutrition Score:4.238260883352%

Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 96.34kcal (4.82%), Fat: 8.88g (13.67%), Saturated Fat: 4.6g (28.76%), Carbohydrates: 3.56g (1.19%), Net Carbohydrates: 2.93g (1.07%), Sugar: 2.47g (2.75%), Cholesterol: 26.76mg (8.92%), Sodium: 14.74mg (0.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.62%), Vitamin C: 27.09mg (32.84%), Vitamin A: 525.14IU (10.5%), Vitamin E: 0.98mg (6.52%), Vitamin B6: 0.11mg (5.64%), Vitamin B2: 0.09mg (5.41%), Calcium: 48.51mg (4.85%), Vitamin K: 4.84µg (4.61%), Phosphorus: 40.32mg (4.03%), Potassium: 112.5mg (3.21%), Selenium: 1.77µg (2.53%), Fiber: 0.63g (2.52%), Vitamin B5: 0.22mg (2.23%), Folate: 8.8µg (2.2%), Magnesium: 7.91mg (1.98%), Vitamin B3: 0.33mg (1.65%), Vitamin B12: 0.1µg (1.59%), Manganese: 0.03mg (1.34%), Zinc: 0.18mg (1.21%), Vitamin B1: 0.02mg (1.2%)