



Kwik Meal Cart's White Sauce from 'New York a la Cart

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



66 kcal

SAUCE

Ingredients

- 0.3 cup curd cottage cheese
- 0.5 cucumber peeled
- 0.5 cup greek yogurt
- 1 tablespoon juice of lemon fresh
- 0.3 cup cream sour
- 1 teaspoon sugar
- 2 tablespoons water

1 tablespoon vinegar white

Equipment

food processor

bowl

whisk

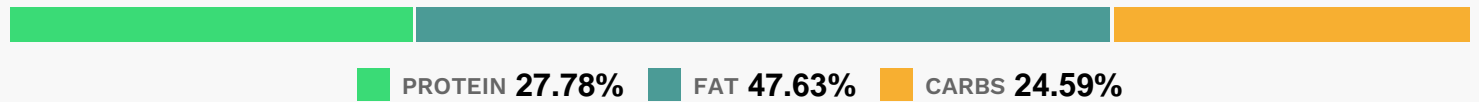
Directions

Place the cucumber in a food processor until pureed.

Place in a medium bowl along with the rest of your ingredients.

Whisk everything together until combined. If you find your sauce is too thick, add a bit more water to thin it out.

Nutrition Facts



Properties

Glycemic Index:40.52, Glycemic Load:0.9, Inflammation Score:-2, Nutrition Score:2.7986956394237%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 66.47kcal (3.32%), Fat: 3.52g (5.41%), Saturated Fat: 1.71g (10.69%), Carbohydrates: 4.09g (1.36%), Net Carbohydrates: 3.81g (1.39%), Sugar: 3.27g (3.63%), Cholesterol: 11.96mg (3.99%), Sodium: 56.05mg (2.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.62g (9.23%), Vitamin B2: 0.13mg (7.41%), Phosphorus: 74.13mg (7.41%), Selenium: 4.35µg (6.21%), Calcium: 59.11mg (5.91%), Vitamin B12: 0.26µg (4.36%), Potassium: 121.83mg (3.48%), Vitamin C: 2.78mg (3.37%), Vitamin B5: 0.3mg (2.99%), Vitamin K: 2.92µg (2.78%), Vitamin A: 136.16IU (2.72%), Folate: 10.19µg (2.55%), Magnesium: 10.08mg (2.52%), Vitamin B6: 0.05mg (2.44%), Zinc: 0.3mg (2%), Copper: 0.04mg (1.97%), Manganese: 0.03mg (1.71%), Vitamin B1: 0.02mg (1.63%), Fiber: 0.27g (1.09%)