



## Lemon Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



79 kcal

SIDE DISH

## Ingredients

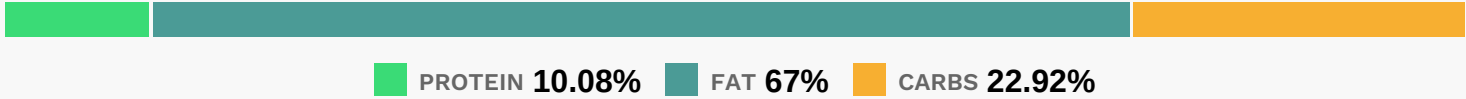
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 0.3 teaspoon salt
- ☐ 8 ounce cup heavy whipping cream light sour

## Equipment

# Directions

☐ Stir together all ingredients until blended. Cover mixture, and chill until ready to serve.

# Nutrition Facts



# Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:2.9108695834875%

# Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

# Nutrients (% of daily need)

Calories: 79.24kcal (3.96%), Fat: 6.04g (9.29%), Saturated Fat: 3.75g (23.42%), Carbohydrates: 4.65g (1.55%), Net Carbohydrates: 4.56g (1.66%), Sugar: 0.33g (0.37%), Cholesterol: 19.84mg (6.61%), Sodium: 193.05mg (8.39%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 2.04g (4.09%), Vitamin K: 16.68µg (15.89%), Calcium: 82.2mg (8.22%), Vitamin C: 5.07mg (6.14%), Vitamin A: 270.79IU (5.42%), Phosphorus: 41.47mg (4.15%), Vitamin B2: 0.07mg (4.14%), Vitamin B12: 0.24µg (3.97%), Potassium: 133.9mg (3.83%), Selenium: 1.77µg (2.53%), Folate: 9.29µg (2.32%), Zinc: 0.3mg (1.99%), Vitamin B1: 0.03mg (1.7%), Magnesium: 6.66mg (1.67%), Vitamin E: 0.19mg (1.26%)