



Lemon-Dill Sauce



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



100 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons capers drained
- ☐ 4 teaspoons optional: dill fresh chopped
- ☐ 10 servings kosher salt to taste
- ☐ 4 teaspoons juice of lemon fresh
- ☐ 1.5 teaspoons lemon zest
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 cup heavy whipping cream sour
- ☐ 1 teaspoon citrus champagne vinegar

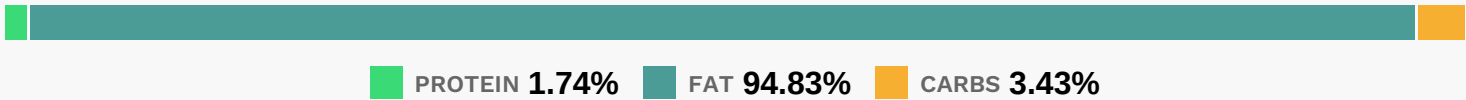
Equipment

☐ food processor

Directions

☐ Pulse first 7 ingredients in a food processor 2 to 3 times or until smooth, stopping to scrape down sides as needed. Season with salt to taste.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.5156521774504%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 99.99kcal (5%), Fat: 10.63g (16.35%), Saturated Fat: 2.48g (15.48%), Carbohydrates: 0.86g (0.29%), Net Carbohydrates: 0.77g (0.28%), Sugar: 0.53g (0.58%), Cholesterol: 11.49mg (3.83%), Sodium: 312.88mg (13.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.88%), Vitamin K: 18.82µg (17.93%), Vitamin E: 0.43mg (2.86%), Vitamin A: 84.49IU (1.69%), Vitamin C: 1.37mg (1.66%), Vitamin B2: 0.02mg (1.43%), Calcium: 13.91mg (1.39%), Phosphorus: 11.51mg (1.15%), Selenium: 0.71µg (1.01%)