



Lemon Dipping Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon milk fat-free
- 1 tablespoon juice of lemon
- 2 tablespoons mayonnaise light
- 0.3 cup cup heavy whipping cream sour low-fat
- 0.5 teaspoon salt

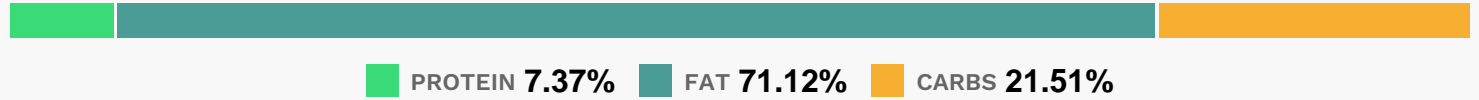
Equipment

- bowl

Directions

- Combine all ingredients in a small bowl.
- Serve with zucchini.

Nutrition Facts



Properties

Glycemic Index:8.31, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:1.074347830499%

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: 44.83kcal (2.24%), Fat: 3.6g (5.53%), Saturated Fat: 1.51g (9.44%), Carbohydrates: 2.45g (0.82%), Net Carbohydrates: 2.44g (0.89%), Sugar: 0.58g (0.64%), Cholesterol: 7.94mg (2.65%), Sodium: 366.06mg (15.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.68%), Vitamin K: 3.85µg (3.67%), Calcium: 32.8mg (3.28%), Vitamin C: 1.62mg (1.97%), Phosphorus: 18.97mg (1.9%), Vitamin B12: 0.1µg (1.7%), Vitamin B2: 0.03mg (1.67%), Potassium: 52.99mg (1.51%), Vitamin A: 75.64IU (1.51%), Vitamin E: 0.22mg (1.44%), Selenium: 0.86µg (1.22%)