



Lime Cream Sauce

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



65 kcal

SAUCE

Ingredients

- 0.5 teaspoon ground cumin
- 0.3 teaspoon pepper
- 2 tablespoons juice of lime fresh
- 1 tablespoon lime zest
- 0.5 teaspoon salt
- 1 cup cream light sour

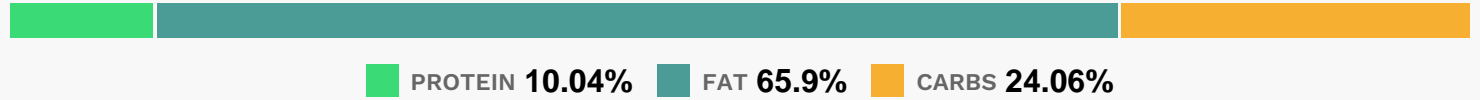
Equipment

- bowl

Directions

- Stir together 1 cup light sour cream and remaining ingredients in a small bowl.
- Serve immediately, or cover and chill up to 3 days.

Nutrition Facts



Properties

Glycemic Index:13.8, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.7756521773079%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 65.42kcal (3.27%), Fat: 4.93g (7.59%), Saturated Fat: 3.04g (19.01%), Carbohydrates: 4.05g (1.35%), Net Carbohydrates: 3.95g (1.43%), Sugar: 0.23g (0.25%), Cholesterol: 16.1mg (5.37%), Sodium: 271.23mg (11.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.38%), Calcium: 68.54mg (6.85%), Phosphorus: 34.87mg (3.49%), Vitamin B2: 0.06mg (3.36%), Vitamin B12: 0.19µg (3.22%), Potassium: 110.72mg (3.16%), Vitamin A: 157.57IU (3.15%), Vitamin C: 2.58mg (3.13%), Selenium: 1.45µg (2.08%), Zinc: 0.25mg (1.65%), Magnesium: 6.06mg (1.52%), Folate: 5.79µg (1.45%), Vitamin B1: 0.02mg (1.44%), Vitamin E: 0.16mg (1.08%), Manganese: 0.02mg (1.06%), Iron: 0.19mg (1.05%)