



## Meyer Lemon Crème Fraîche

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



115 kcal

SIDE DISH

### Ingredients

- 1 cup crème fraîche
- 0.5 teaspoon lemon zest
- 1 tablespoon meyer lemon juice
- 1 pinch pepper freshly ground
- 0.1 teaspoon salt

### Equipment

- whisk
- mixing bowl

## Directions

Combine all ingredients in a mixing bowl; whisk until smooth.

## Nutrition Facts

**PROTEIN 4.82%** **FAT 85.04%** **CARBS 10.14%**

## Properties

Glycemic Index:14.38, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:1.9730434761099%

## Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.71mg, Hesperetin: 0.71mg, Hesperetin: 0.71mg, Hesperetin: 0.71mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 114.92kcal (5.75%), Fat: 11.17g (17.18%), Saturated Fat: 5.81g (36.31%), Carbohydrates: 2.99g (1%), Net Carbohydrates: 2.96g (1.08%), Sugar: 2.07g (2.3%), Cholesterol: 33.92mg (11.31%), Sodium: 90.55mg (3.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.85%), Vitamin A: 358.72IU (7.17%), Calcium: 58.62mg (5.86%), Vitamin B2: 0.1mg (5.73%), Phosphorus: 44.14mg (4.41%), Selenium: 2.14µg (3.05%), Vitamin C: 2.3mg (2.78%), Potassium: 76.93mg (2.2%), Vitamin B12: 0.12µg (2.01%), Vitamin B5: 0.2mg (2%), Magnesium: 6.07mg (1.52%), Vitamin E: 0.23mg (1.5%), Vitamin B6: 0.03mg (1.29%), Zinc: 0.19mg (1.28%), Folate: 4.27µg (1.07%)