



Mild Cayenne Sour Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



32

CALORIES



5 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 Dash ground pepper red
- ☐ 2 teaspoons horseradish prepared
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup cream light sour
- ☐ 1 tablespoon water

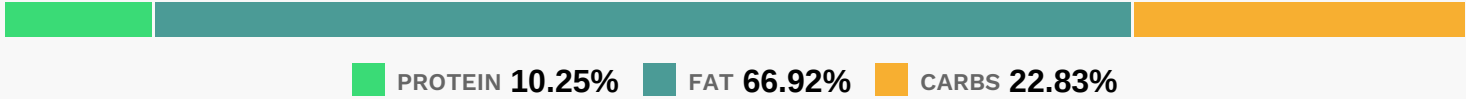
Equipment

- ☐ bowl

Directions

☐ Combine 1/2 cup light sour cream, 1 tablespoon water, 1/2 teaspoon Dijon mustard, 1/4 teaspoon salt, and a dash of ground red pepper in a small bowl. Stir in 2 teaspoons prepared horseradish, if desired.

Nutrition Facts



Properties

Glycemic Index:3.09, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.13434782397488%

Nutrients (% of daily need)

Calories: 5.1kcal (0.25%), Fat: 0.39g (0.59%), Saturated Fat: 0.24g (1.49%), Carbohydrates: 0.3g (0.1%), Net Carbohydrates: 0.28g (0.1%), Sugar: 0.03g (0.04%), Cholesterol: 1.26mg (0.42%), Sodium: 23.35mg (1.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.27%)