



## Mustard-Horseradish Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



84 kcal

SIDE DISH

### Ingredients

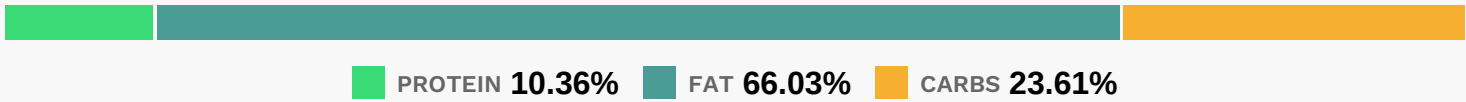
- ☐ 1 teaspoon mustard dry
- ☐ 2 tablespoons horseradish prepared
- ☐ 0.3 teaspoon lemon rind
- ☐ 1 cup cup heavy whipping cream light sour

### Equipment

### Directions

Stir together all ingredients. Chill until ready to serve.

# Nutrition Facts



## Properties

Glycemic Index:8.75, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:2.3743478429058%

## Nutrients (% of daily need)

Calories: 84.4kcal (4.22%), Fat: 6.33g (9.74%), Saturated Fat: 3.81g (23.82%), Carbohydrates: 5.09g (1.7%), Net Carbohydrates: 4.77g (1.73%), Sugar: 0.76g (0.85%), Cholesterol: 20.13mg (6.71%), Sodium: 79.3mg (3.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.47%), Calcium: 86.77mg (8.68%), Phosphorus: 47.31mg (4.73%), Selenium: 3.03µg (4.33%), Vitamin B2: 0.07mg (4.25%), Potassium: 144.24mg (4.12%), Vitamin B12: 0.24µg (4.03%), Vitamin A: 188.97IU (3.78%), Vitamin C: 2.58mg (3.13%), Folate: 11.43µg (2.86%), Zinc: 0.38mg (2.54%), Magnesium: 9.64mg (2.41%), Vitamin B1: 0.03mg (1.85%), Vitamin E: 0.2mg (1.33%), Fiber: 0.32g (1.29%), Manganese: 0.02mg (1.08%)