



Orange Crema



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



150 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup juice of lime fresh
- ☐ 1 teaspoon lime zest grated
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 cup crema mexicana (see notes)
- ☐ 0.5 cup orange juice concentrate frozen thawed

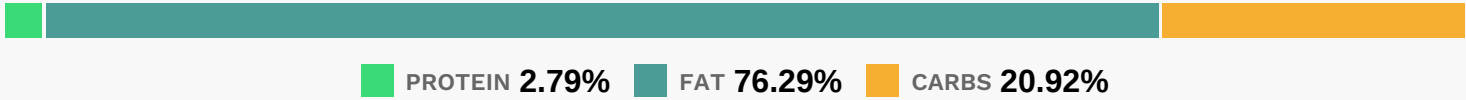
Equipment

- ☐ bowl

Directions

☐ In a small bowl, mix mayonnaise, orange juice concentrate, and crema. Stir in lime juice and peel. If making up to 1 day ahead, cover and chill.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:3.9573913644189%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 149.69kcal (7.48%), Fat: 12.83g (19.73%), Saturated Fat: 1.65g (10.31%), Carbohydrates: 7.91g (2.64%), Net Carbohydrates: 7.7g (2.8%), Sugar: 5.95g (6.61%), Cholesterol: 13.7mg (4.57%), Sodium: 151.22mg (6.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.11%), Vitamin C: 28.08mg (34.04%), Vitamin K: 22.94µg (21.85%), Vitamin E: 0.58mg (3.89%), Folate: 15.14µg (3.79%), Potassium: 123.55mg (3.53%), Vitamin B1: 0.05mg (3.48%), Calcium: 32.61mg (3.26%), Vitamin A: 146.65IU (2.93%), Vitamin B6: 0.05mg (2.51%), Vitamin B2: 0.03mg (2.05%), Magnesium: 6.97mg (1.74%), Phosphorus: 14.87mg (1.49%), Vitamin B5: 0.13mg (1.33%), Vitamin B3: 0.2mg (1.02%)