



Pesto Cream Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



174 kcal

SAUCE

Ingredients

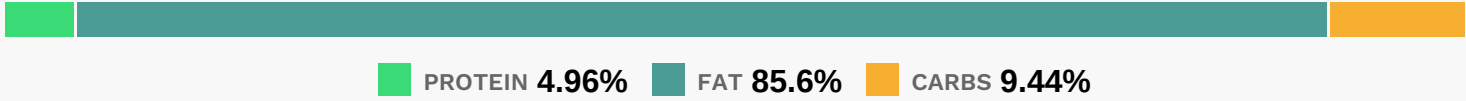
- ☐ 1 garlic clove pressed
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 cup commercial pesto
- ☐ 0.1 teaspoon salt
- ☐ 8 ounce cup heavy whipping cream sour

Equipment

Directions

☐ Stir together all ingredients. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.08, Inflammation Score:-4, Nutrition Score:2.3786956525367%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 173.52kcal (8.68%), Fat: 16.74g (25.75%), Saturated Fat: 6.72g (42%), Carbohydrates: 4.15g (1.38%), Net Carbohydrates: 3.87g (1.41%), Sugar: 2.44g (2.71%), Cholesterol: 34.69mg (11.56%), Sodium: 235.31mg (10.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.36%), Vitamin A: 666.12IU (13.32%), Calcium: 83.9mg (8.39%), Vitamin B2: 0.1mg (5.66%), Phosphorus: 44.34mg (4.43%), Selenium: 2.21µg (3.15%), Potassium: 74.73mg (2.14%), Vitamin B12: 0.12µg (1.98%), Vitamin B5: 0.2mg (1.96%), Vitamin B6: 0.03mg (1.64%), Magnesium: 5.97mg (1.49%), Vitamin E: 0.22mg (1.44%), Manganese: 0.03mg (1.35%), Zinc: 0.2mg (1.31%), Fiber: 0.28g (1.12%)