



Potato Chips with Chica Comfort Sauce

READY IN



5 min.

SERVINGS



4

CALORIES



400 kcal

SIDE DISH

Ingredients

- ☐ 0.5 juice of lemon juiced
- ☐ 0.5 cup mayonnaise
- ☐ 4 servings potato chips for dipping
- ☐ 4 servings salt and pepper
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1 tablespoon worcestershire sauce

Equipment

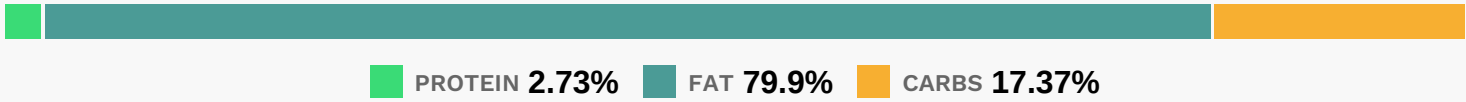
- ☐ bowl

☐ whisk

Directions

- ☐ In a medium-sized bowl, whisk together the sour cream, mayonnaise, Worcestershire sauce, lemon juice and salt and pepper.
- ☐ Serve with shoe string potatoes or potato chips.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:8.271739213363%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 400.38kcal (20.02%), Fat: 36.05g (55.46%), Saturated Fat: 7.13g (44.58%), Carbohydrates: 17.63g (5.88%), Net Carbohydrates: 16.75g (6.09%), Sugar: 1.75g (1.95%), Cholesterol: 28.72mg (9.57%), Sodium: 583.35mg (25.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.55%), Vitamin K: 52.3µg (49.81%), Vitamin E: 3.95mg (26.32%), Vitamin B5: 1.37mg (13.67%), Potassium: 415.44mg (11.87%), Vitamin C: 8.31mg (10.07%), Manganese: 0.19mg (9.6%), Vitamin B6: 0.16mg (8.22%), Phosphorus: 73.42mg (7.34%), Vitamin B3: 1.39mg (6.96%), Magnesium: 21.58mg (5.39%), Vitamin B2: 0.08mg (4.96%), Vitamin B1: 0.07mg (4.8%), Copper: 0.09mg (4.26%), Calcium: 42.05mg (4.21%), Vitamin A: 200.9IU (4.02%), Iron: 0.67mg (3.71%), Fiber: 0.88g (3.52%), Selenium: 2.43µg (3.48%), Folate: 12.34µg (3.08%), Zinc: 0.45mg (3.02%), Vitamin B12: 0.09µg (1.57%)