



## Smoky Chipotle-Lime Sour Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



119 kcal

SIDE DISH

### Ingredients

- 1 teaspoon adobo sauce from can
- 1 tablespoon chipotle peppers in adobo sauce canned finely chopped
- 2 teaspoons juice of lime
- 1 teaspoon lime rind
- 4 servings salt and pepper
- 8 oz cup heavy whipping cream sour

### Equipment

## Directions

- Stir together 1 (8-oz.) container sour cream; 1 Tbsp. finely chopped canned chipotle peppers in adobo sauce; 1 tsp. adobo sauce from can; 1 tsp. lime rind; 2 tsp. lime juice; and salt and pepper to taste.
- Serve with potato chips or quesadillas.
- Note: Can be made up to two days in advance.

## Nutrition Facts

**PROTEIN 4.66%** **FAT 83.06%** **CARBS 12.28%**

## Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:2.0213043611983%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 118.93kcal (5.95%), Fat: 11.26g (17.33%), Saturated Fat: 5.76g (36.02%), Carbohydrates: 3.75g (1.25%), Net Carbohydrates: 3.33g (1.21%), Sugar: 2.26g (2.51%), Cholesterol: 33.45mg (11.15%), Sodium: 425.86mg (18.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.84%), Vitamin A: 357.66IU (7.15%), Calcium: 59.44mg (5.94%), Vitamin B2: 0.1mg (5.65%), Phosphorus: 44.01mg (4.4%), Selenium: 2.14µg (3.06%), Potassium: 76.69mg (2.19%), Vitamin B12: 0.12µg (1.98%), Vitamin B5: 0.19mg (1.95%), Vitamin C: 1.48mg (1.79%), Vitamin E: 0.26mg (1.7%), Fiber: 0.42g (1.66%), Magnesium: 6.19mg (1.55%), Zinc: 0.19mg (1.29%), Vitamin B6: 0.02mg (1.22%)