



## Sour Cream-and-Pickled Onion Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



325 kcal

SAUCE

### Ingredients

- 0.5 cup green onions chopped
- 0.8 cup mayonnaise
- 0.3 cup pickled cocktail onions minced
- 4 servings salt and pepper black freshly ground to taste
- 0.3 cup cup heavy whipping cream sour
- 1 tablespoon pickled onion juice from jar

### Equipment

- bowl

## Directions

- Stir together mayonnaise, green onions, minced pickled cocktail onions, sour cream, and pickled onion juice in a small bowl.
- Add salt and pepper to taste. Refrigerate sauce in an airtight container up to 5 days.

## Nutrition Facts

**PROTEIN 1.4%** **FAT 94.44%** **CARBS 4.16%**

## Properties

Glycemic Index:35.25, Glycemic Load:0.6, Inflammation Score:-3, Nutrition Score:6.2482608414215%

## Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg

## Nutrients (% of daily need)

Calories: 324.7kcal (16.24%), Fat: 34.25g (52.68%), Saturated Fat: 6.38g (39.86%), Carbohydrates: 3.4g (1.13%), Net Carbohydrates: 2.82g (1.02%), Sugar: 1.59g (1.76%), Cholesterol: 26.12mg (8.71%), Sodium: 329.16mg (14.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.28%), Vitamin K: 94.77µg (90.25%), Vitamin E: 1.5mg (10.03%), Vitamin A: 242.29IU (4.85%), Vitamin C: 3.47mg (4.2%), Folate: 13.51µg (3.38%), Calcium: 30.39mg (3.04%), Phosphorus: 28.39mg (2.84%), Manganese: 0.05mg (2.72%), Vitamin B2: 0.05mg (2.7%), Selenium: 1.64µg (2.35%), Potassium: 81.66mg (2.33%), Fiber: 0.58g (2.31%), Iron: 0.32mg (1.78%), Vitamin B6: 0.03mg (1.66%), Vitamin B5: 0.15mg (1.48%), Magnesium: 5.86mg (1.47%), Copper: 0.03mg (1.37%), Vitamin B1: 0.02mg (1.35%), Vitamin B12: 0.08µg (1.34%), Zinc: 0.18mg (1.22%)