



Sour Cream Dressing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



259 kcal

SIDE DISH

Ingredients

- 1 teaspoon juice of lemon
- 0.5 cup mayonnaise
- 0.5 cup cup heavy whipping cream sour
- 1 tablespoon sugar

Equipment

- bowl

Directions

Stir together all ingredients in a small bowl. Cover and chill dressing until ready to serve.

Nutrition Facts

PROTEIN 1.49% **FAT 91.51%** **CARBS 7%**

Properties

Glycemic Index:30.02, Glycemic Load:2.17, Inflammation Score:-2, Nutrition Score:3.3530435430129%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 259.15kcal (12.96%), Fat: 26.53g (40.82%), Saturated Fat: 6.18g (38.63%), Carbohydrates: 4.57g (1.52%), Net Carbohydrates: 4.56g (1.66%), Sugar: 4.17g (4.63%), Cholesterol: 28.72mg (9.57%), Sodium: 186.76mg (8.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.95%), Vitamin K: 46.07µg (43.88%), Vitamin E: 1.03mg (6.86%), Vitamin A: 197.39IU (3.95%), Vitamin B2: 0.05mg (3.2%), Calcium: 31.38mg (3.14%), Phosphorus: 27.83mg (2.78%), Selenium: 1.73µg (2.47%), Vitamin B12: 0.09µg (1.57%), Vitamin B5: 0.15mg (1.46%), Potassium: 42.88mg (1.23%)