



Sour Cream-Herb Sauce



Vegetarian



Gluten Free

READY IN



125 min.

SERVINGS



5

CALORIES



84 kcal

SAUCE

Ingredients

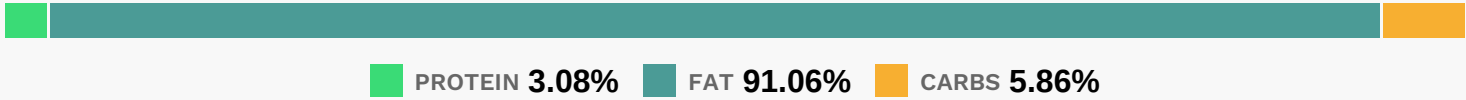
- ☐ 1 tablespoon capers chopped
- ☐ 1 teaspoon optional: dill fresh chopped
- ☐ 1 pinch ground pepper red
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 2 tablespoons mayonnaise
- ☐ 0.5 cup cup heavy whipping cream sour

Equipment

Directions

Stir together sour cream, mayonnaise, capers, dill, lemon juice, and ground red pepper until blended. Chill up to 3 days.

Nutrition Facts



Properties

Glycemic Index:19.4, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.3413043452994%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 84.28kcal (4.21%), Fat: 8.67g (13.34%), Saturated Fat: 2.98g (18.64%), Carbohydrates: 1.26g (0.42%), Net Carbohydrates: 1.2g (0.44%), Sugar: 0.85g (0.94%), Cholesterol: 15.92mg (5.31%), Sodium: 87.02mg (3.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.32%), Vitamin K: 9.88µg (9.41%), Vitamin A: 159.06IU (3.18%), Vitamin B2: 0.04mg (2.49%), Calcium: 24.45mg (2.44%), Vitamin E: 0.29mg (1.95%), Phosphorus: 18.97mg (1.9%), Selenium: 1µg (1.43%)