



Sour Cream-Horseradish Dressing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



101 kcal

SIDE DISH

Ingredients

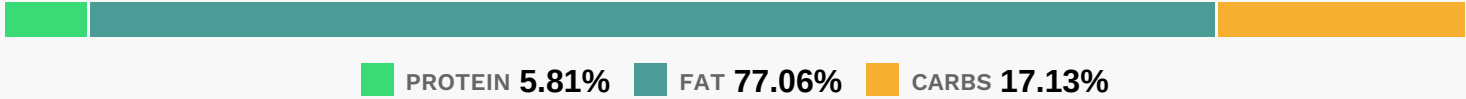
- ☐ 1 tablespoon dijon mustard
- ☐ 4 green onions diced
- ☐ 2 teaspoons horseradish prepared
- ☐ 0.3 cup orange juice
- ☐ 8 ounce cup heavy whipping cream sour

Equipment

Directions

☐ Stir together all ingredients; cover and chill, if desired.

Nutrition Facts



Properties

Glycemic Index:30.2, Glycemic Load:0.87, Inflammation Score:-4, Nutrition Score:3.6934782344362%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 101.25kcal (5.06%), Fat: 8.96g (13.78%), Saturated Fat: 4.6g (28.73%), Carbohydrates: 4.48g (1.49%), Net Carbohydrates: 4.01g (1.46%), Sugar: 3.01g (3.35%), Cholesterol: 26.76mg (8.92%), Sodium: 57.12mg (2.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.04%), Vitamin K: 20.64µg (19.65%), Vitamin C: 8.92mg (10.82%), Vitamin A: 405.27IU (8.11%), Calcium: 57.1mg (5.71%), Vitamin B2: 0.09mg (5.3%), Phosphorus: 43.99mg (4.4%), Selenium: 2.82µg (4.03%), Folate: 13.94µg (3.48%), Potassium: 117.42mg (3.35%), Magnesium: 9.8mg (2.45%), Vitamin B1: 0.03mg (2.09%), Vitamin B5: 0.19mg (1.94%), Fiber: 0.47g (1.88%), Manganese: 0.04mg (1.86%), Vitamin B6: 0.03mg (1.65%), Vitamin E: 0.24mg (1.61%), Vitamin B12: 0.1µg (1.59%), Zinc: 0.23mg (1.53%), Iron: 0.25mg (1.42%), Copper: 0.03mg (1.25%)