



Southwest Cream Sauce

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



93 kcal

SAUCE

Ingredients

- ☐ 1 teaspoon chili powder
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon ground pepper red
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 tablespoons onion red finely chopped
- ☐ 0.3 teaspoon salt

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16 oz cup heavy whipping cream sour

Equipment

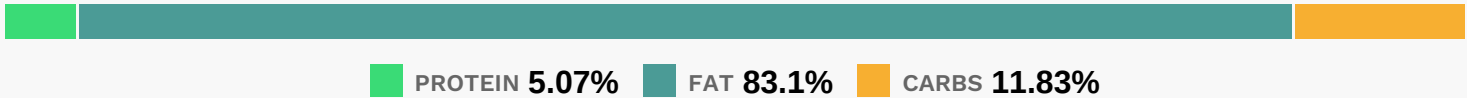
☐

whisk

Directions

- ☐ Whisk together sour cream; garlic, red onion; chili powder; cumin; ground red pepper; and salt.
- ☐ Whisk in cilantro and lime juice until smooth. Cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:12.6, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:1.9160869458447%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 93.08kcal (4.65%), Fat: 8.87g (13.65%), Saturated Fat: 4.59g (28.7%), Carbohydrates: 2.84g (0.95%), Net Carbohydrates: 2.68g (0.97%), Sugar: 1.71g (1.9%), Cholesterol: 26.76mg (8.92%), Sodium: 75.9mg (3.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.44%), Vitamin A: 391.73IU (7.83%), Calcium: 49.06mg (4.91%), Vitamin B2: 0.08mg (4.75%), Phosphorus: 37.36mg (3.74%), Selenium: 1.79µg (2.56%), Potassium: 72.46mg (2.07%), Vitamin C: 1.66mg (2.01%), Vitamin E: 0.29mg (1.94%), Vitamin B6: 0.03mg (1.65%), Vitamin B5: 0.16mg (1.63%), Vitamin B12: 0.1µg (1.59%), Magnesium: 5.89mg (1.47%), Vitamin K: 1.26µg (1.2%), Zinc: 0.18mg (1.17%), Manganese: 0.02mg (1.12%)