



Zesty Horseradish Sauce

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



50 kcal

SAUCE

Ingredients

- 2 tablespoons horseradish prepared
- 2 tablespoons mint leaves roughly chopped
- 0.5 cup cup heavy whipping cream sour

Equipment

Directions

- Stir together all ingredients. Cover and chill until ready to serve.

Nutrition Facts

PROTEIN 5.47% FAT 78.74% CARBS 15.79%

Properties

Glycemic Index:7, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:1.3665217433287%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg

Nutrients (% of daily need)

Calories: 49.82kcal (2.49%), Fat: 4.52g (6.96%), Saturated Fat: 2.33g (14.58%), Carbohydrates: 2.04g (0.68%), Net Carbohydrates: 1.68g (0.61%), Sugar: 1.26g (1.4%), Cholesterol: 13.57mg (4.52%), Sodium: 32.95mg (1.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.41%), Vitamin A: 228.37IU (4.57%), Calcium: 31.45mg (3.14%), Vitamin C: 2.34mg (2.83%), Vitamin B2: 0.05mg (2.67%), Phosphorus: 20.8mg (2.08%), Folate: 7.08µg (1.77%), Manganese: 0.03mg (1.68%), Potassium: 54.89mg (1.57%), Selenium: 1.02µg (1.46%), Fiber: 0.36g (1.43%), Magnesium: 5.52mg (1.38%)