



Zesty Sour Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



116 kcal

SIDE DISH

Ingredients

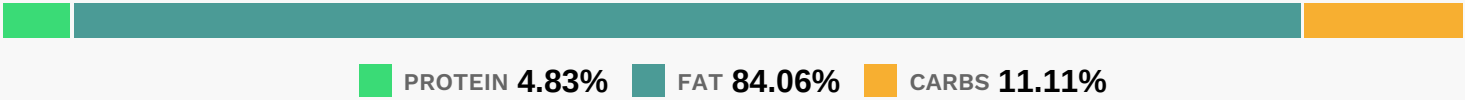
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 1 teaspoon hot sauce
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 cup cup heavy whipping cream sour

Equipment

Directions

- ☐ Stir together all ingredients.
- ☐ Serve slightly chilled.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:2.1304347942705%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 115.88kcal (5.79%), Fat: 11.16g (17.18%), Saturated Fat: 5.81g (36.3%), Carbohydrates: 3.32g (1.11%), Net Carbohydrates: 3.28g (1.19%), Sugar: 2.1g (2.34%), Cholesterol: 33.92mg (11.31%), Sodium: 189.84mg (8.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.89%), Vitamin A: 377.09IU (7.54%), Calcium: 59.43mg (5.94%), Vitamin B2: 0.1mg (5.82%), Phosphorus: 44.96mg (4.5%), Vitamin C: 3.57mg (4.33%), Selenium: 2.14µg (3.05%), Potassium: 83.16mg (2.38%), Vitamin B5: 0.2mg (2.05%), Vitamin B12: 0.12µg (2.01%), Vitamin E: 0.24mg (1.61%), Magnesium: 6.46mg (1.61%), Vitamin K: 1.55µg (1.48%), Vitamin B6: 0.03mg (1.41%), Zinc: 0.2mg (1.32%), Folate: 4.38µg (1.1%)