

Garlic-Chive Sauce

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Servings: 16

3/4 cup light sour cream

1 clove garlic, minced

1 tablespoon fresh chives, chopped

3/4 teaspoon lemon zest

1 1/2 tablespoons fresh lemon juice

1/4 teaspoon salt

1/8 teaspoon pepper

Preparation Time: 10 minutes

Cook Time: 8 minutes

In a small bowl, stir together the sour cream, garlic, chives, lemon zest, lemon juice, salt and pepper.

Cover and chill for 30 minutes before serving.

Per Serving (excluding unknown items): 5 Calories; trace Fat (35.4% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 1mg Cholesterol; 36mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	5
% Calories from Fat:	35.4%
% Calories from Carbohydrates:	47.2%
% Calories from Protein:	17.4%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	1mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	36mg
Potassium (mg):	3mg
Calcium (mg):	5mg
Iron (mg):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	trace
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	0

Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 9IU
Vitamin A (r.e.): 1RE

Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving

Calories	5	Calories from Fat: 2
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% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	1%
Cholesterol	1mg	0%
Sodium	36mg	2%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	0%
Protein	trace	

Vitamin A	0%
Vitamin C	2%
Calcium	1%
Iron	0%

* Percent Daily Values are based on a 2000 calorie diet.