

Lemon Sour Cream Sauce

Our Best Recipes
Meredith Corporation

1/2 cup sour cream
1/4 cup mayonnaise
1/4 cup chopped chives
1 tablespoon lemon juice
dash garlic powder
salt
pepper

Cook Time:

In a bowl, combine the sour cream, mayonnaise, chives, lemon juice and garlic powder. Season with salt and pepper.

Per Serving (excluding unknown items): 648 Calories; 71g Fat (93.3% calories from fat); 5g Protein; 7g Carbohydrate; trace Dietary Fiber; 70mg Cholesterol; 374mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 9 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	648
% Calories from Fat:	93.3%
% Calories from Carbohydrates:	3.9%
% Calories from Protein:	2.7%
Total Fat (g):	71g
Saturated Fat (g):	21g
Monounsaturated Fat (g):	19g
Polyunsaturated Fat (g):	24g
Cholesterol (mg):	70mg
Carbohydrate (g):	7g
Dietary Fiber (g):	trace
Protein (g):	5g
Sodium (mg):	374mg
Potassium (mg):	239mg
Calcium (mg):	156mg
Iron (mg):	1mg
Zinc (mg):	trace

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	.5mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	31mcg
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:	1/2
Fat:	9
Other Carbohydrates:	0

Vitamin C (mg): 15mg
Vitamin A (i.u.): 1588IU
Vitamin A (r.e.): 356RE

Nutrition Facts

Amount Per Serving

Calories	648	Calories from Fat: 605
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% Daily Values*

Total Fat	71g	109%
Saturated Fat	21g	107%
Cholesterol	70mg	23%
Sodium	374mg	16%
Total Carbohydrates	7g	2%
Dietary Fiber	trace	1%
Protein	5g	

Vitamin A	32%
Vitamin C	25%
Calcium	16%
Iron	3%

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