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## Chipotle Cream Sauce · ·

A creamy and smoky sauce made with chipotle peppers, perfect for adding a spicy kick to any dish.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 10 mins

**Total Time:** 20 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 4

**Serving Size:** 50 g

### Ingredients

<b>30 g</b>	Chipotle Peppers
<b>100 g</b>	sour cream
<b>50 g</b>	mayonnaise
<b>30 ml</b>	Lime juice
<b>1 tsp</b>	garlic powder
<b>1 tsp</b>	salt

# Directions

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## Step 1

Blender

In a blender, combine the chipotle peppers, sour cream, mayonnaise, lime juice, garlic powder, and salt.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Blender

Blend until smooth and creamy.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 3

Taste and adjust seasoning if needed.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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# Nutrition Facts

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**Calories:** 200 kcal

**Fat:** 20 g

**Protein:** 2 g

**Carbohydrates:** 5 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	1 g	2.63%	4%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%
Cholesterol	20 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	4 mg	0.4%	0.4%
Iron	2 mg	25%	11.11%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	2 mg	0.06%	0.08%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Cuisines

Mexican

### Course

Sauces & Dressings

### Cultural

Chinese New Year

Easter

Halloween

### Diet

5:2 Diet

16:8 Diet

Low FODMAP Diet

Vegetarian Diet

Vegan Diet

Traditional Chinese Medicine (TCM) Diet

Anti-Inflammatory Diet

Low Glycemic Index Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The Gerson Therapy

The Beverly Hills Diet

The Grapefruit Diet

The F-Plan Diet

The Breatharian Diet

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Easy

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