



# Cream Salad Dressing

NIBBLEDISH CONTRIBUTOR

## Ingredients

SERVES 5

- **4½Tbsp** lemon juice
- **280g** sour cream
- **2pinch** salt
- **2pinch** ground black pepper
- **1tsp** fresh dill or chives chopped

## Instructions

Finely chop dill weed or chives and mix it together with all other ingredients in a bowl.

NUTRITIONAL VALUES (1,4 to 1,6 PAL which corresponds to moderate activity of an office job)

WOMAN

Calories 6% RDA,

Protein 5% RDA,

Fats 17% RDA,

Cholesterol 8% RDA,

Carbs 2% RDA,

Sugar 0% RDA,

MAN

Calories 5% RDA,

Protein 4% RDA,

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Fats 13% RDA,  
Cholesterol 8% RDA,  
Carbs 1% RDA,  
Sugar 0% RDA.