



Authentic Green Goddess Dressing

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



260 kcal

SIDE DISH

Ingredients

- 1 tablespoon anchovy paste
- 0.5 cup crème fraîche
- 2 tablespoons flat parsley italian chopped
- 2 tablespoons chives fresh chopped
- 0.3 cup green onions chopped
- 1 tablespoon juice of lemon fresh
- 0.5 cup mayonnaise
- 0.1 teaspoon cracked peppercorns black

0.3 teaspoon salt

Equipment

food processor

blender

Directions

Combine the mayonnaise, creme fraiche, green onion, chives, parsley, anchovy paste, lemon juice, salt and pepper in the container of a food processor or blender. Blend until you have a thick, rich, creamy delicious dressing.

Nutrition Facts

 **PROTEIN 3.63%**  **FAT 92.58%**  **CARBS 3.79%**

Properties

Glycemic Index:47.75, Glycemic Load:0.22, Inflammation Score:-4, Nutrition Score:7.3221741266873%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 260.07kcal (13%), Fat: 26.96g (41.48%), Saturated Fat: 6.28g (39.24%), Carbohydrates: 2.49g (0.83%), Net Carbohydrates: 2.18g (0.79%), Sugar: 1.43g (1.58%), Cholesterol: 32.12mg (10.71%), Sodium: 481.08mg (20.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.75%), Vitamin K: 95.71µg (91.16%), Vitamin A: 495.98IU (9.92%), Vitamin E: 1.22mg (8.14%), Vitamin C: 6.42mg (7.78%), Selenium: 4.5µg (6.42%), Calcium: 50.12mg (5.01%), Vitamin B2: 0.08mg (4.57%), Vitamin B3: 0.9mg (4.48%), Phosphorus: 42.67mg (4.27%), Folate: 13.03µg (3.26%), Potassium: 101.79mg (2.91%), Iron: 0.52mg (2.9%), Manganese: 0.05mg (2.31%), Magnesium: 9.26mg (2.31%), Vitamin B12: 0.13µg (2.15%), Vitamin B5: 0.21mg (2.06%), Zinc: 0.29mg (1.95%), Copper: 0.04mg (1.86%), Vitamin B6: 0.03mg (1.6%), Vitamin B1: 0.02mg (1.27%), Fiber: 0.31g (1.25%)