

Avocado-Herb Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



64

CALORIES



8 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon anchovy paste
- ☐ 0.5 avocado ripe peeled
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 1 teaspoon tarragon fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 cup green onions finely chopped
- ☐ 3 drops hot sauce

- ☐ 0.5 cup mayonnaise light
- ☐ 0.3 cup cup heavy whipping cream sour reduced-fat
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons water
- ☐ 1 tablespoon citrus champagne vinegar

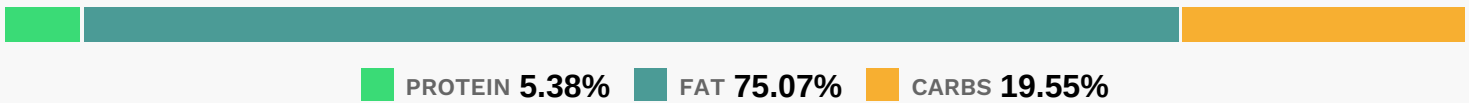
Equipment

- ☐ food processor

Directions

- ☐ Combine first 10 ingredients in a food processor; process until smooth. With the processor running, pour water, vinegar, and hot sauce through food chute, processing until blended. Store the dressing in an airtight container in refrigerator.

Nutrition Facts



Properties

Glycemic Index:3.89, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:0.39391303920875%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 8.47kcal (0.42%), Fat: 0.73g (1.12%), Saturated Fat: 0.16g (0.98%), Carbohydrates: 0.43g (0.14%), Net Carbohydrates: 0.3g (0.11%), Sugar: 0.09g (0.1%), Cholesterol: 0.67mg (0.22%), Sodium: 24.72mg (1.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.23%), Vitamin K: 3.22µg (3.07%)