



Basil-Shallot Green Goddess Dressing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



519 kcal

SIDE DISH

Ingredients

- 0.3 cup apple cider vinegar
- 3 cups firmly basil leaves fresh packed
- 1 cup buttermilk whole
- 2 cups mayonnaise (such as Duke's)
- 1 shallots sliced
- 2 cups cup heavy whipping cream sour

Equipment

- food processor

- bowl
- whisk
- blender

Directions

- Process first 4 ingredients in a blender or food processor until smooth.
- Transfer to a large bowl, and whisk in mayonnaise, sour cream, and table salt and black pepper to taste.
- Serve dressing immediately, or cover and chill up to 3 days.

Nutrition Facts

PROTEIN 2.51% **FAT 93.44%** **CARBS 4.05%**

Properties

Glycemic Index:27.63, Glycemic Load:0.83, Inflammation Score:-6, Nutrition Score:9.6378260514011%

Nutrients (% of daily need)

Calories: 519.14kcal (25.96%), Fat: 54.1g (83.23%), Saturated Fat: 12.93g (80.84%), Carbohydrates: 5.28g (1.76%), Net Carbohydrates: 5.03g (1.83%), Sugar: 4.05g (4.5%), Cholesterol: 60.74mg (20.25%), Sodium: 406.03mg (17.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.53%), Vitamin K: 129.61µg (123.44%), Vitamin A: 919IU (18.38%), Vitamin E: 2.15mg (14.33%), Calcium: 114.66mg (11.47%), Vitamin B2: 0.17mg (9.78%), Phosphorus: 88.47mg (8.85%), Manganese: 0.14mg (7.12%), Selenium: 4.6µg (6.57%), Vitamin B12: 0.33µg (5.43%), Potassium: 166.01mg (4.74%), Vitamin B5: 0.43mg (4.31%), Magnesium: 16.1mg (4.02%), Folate: 14.93µg (3.73%), Vitamin D: 0.5µg (3.35%), Copper: 0.07mg (3.32%), Vitamin B6: 0.06mg (3.18%), Zinc: 0.48mg (3.17%), Vitamin C: 2.39mg (2.89%), Iron: 0.5mg (2.8%), Vitamin B1: 0.04mg (2.41%)