

Caesar Dressing

 Gluten Free

READY IN



4 min.

SERVINGS



21

CALORIES



11 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon dijon mustard
- ☐ 2 garlic cloves pressed
- ☐ 2 tablespoons mayonnaise light
- ☐ 0.5 cup nonfat buttermilk
- ☐ 0.3 cup parmigiano-reggiano cheese fresh shredded

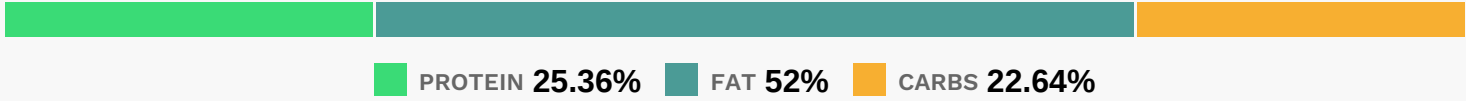
Equipment

- ☐ whisk

Directions

☐ Combine all ingredients, stirring with a whisk until smooth.

Nutrition Facts



Properties

Glycemic Index:5.76, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:0.30086956553809%

Nutrients (% of daily need)

Calories: 10.6kcal (0.53%), Fat: 0.61g (0.94%), Saturated Fat: 0.24g (1.52%), Carbohydrates: 0.6g (0.2%), Net Carbohydrates: 0.57g (0.21%), Sugar: 0.34g (0.38%), Cholesterol: 1.14mg (0.38%), Sodium: 36.65mg (1.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.34%), Calcium: 15.71mg (1.57%)