



Caesar Dressing with Flaxseed

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



10 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon anchovy paste
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 tablespoon flaxseeds
- ☐ 1 garlic clove crushed
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup water

- ☐ 2 tablespoons citrus champagne vinegar
- ☐ 1 teaspoon worcestershire sauce

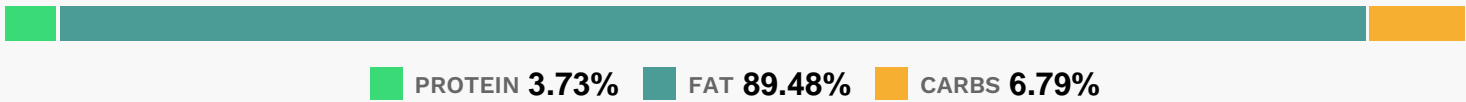
Equipment

- ☐ bowl
- ☐ whisk
- ☐ blender

Directions

- ☐ Place the flaxseed in a clean coffee grinder or blender, and process until finely ground.
- ☐ Place flaxseed meal in a medium bowl; add water, stirring with a whisk.
- ☐ Let stand 5 minutes.
- ☐ Add vinegar and remaining ingredients; stir with a whisk.
- ☐ Note: Store dressing in an airtight container in the refrigerator for up to 2 days. Store remaining flaxseed in the refrigerator; since it's high in fat, it can go rancid easily.

Nutrition Facts



Properties

Glycemic Index:3.94, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.22782608907184%

Nutrients (% of daily need)

Calories: 10.15kcal (0.51%), Fat: 1.02g (1.57%), Saturated Fat: 0.13g (0.84%), Carbohydrates: 0.17g (0.06%), Net Carbohydrates: 0.08g (0.03%), Sugar: 0.03g (0.03%), Cholesterol: 0.08mg (0.03%), Sodium: 25.2mg (1.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.19%)