



WHATSheATE



Caesar-Style Dressing



Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



277 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon capers drained
- ☐ 1 teaspoon dijon mustard
- ☐ 1 garlic clove chopped
- ☐ 3 servings kosher salt and pepper freshly ground
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup mayonnaise
- ☐ 2 oil-packed anchovies drained
- ☐ 2 tablespoons parmigiano-reggiano cheese freshly grated

☐ 1 tablespoon water

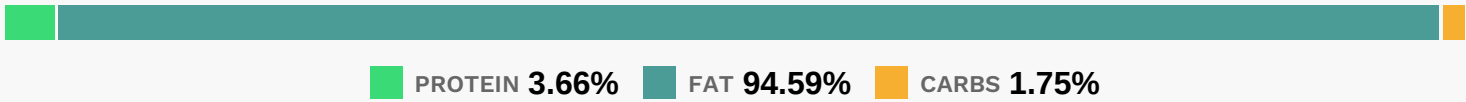
Equipment

☐ food processor

Directions

- ☐ In a food processor, combine the mayonnaise, anchovies, garlic, capers, lemon juice, water and mustard and process until smooth.
- ☐ Add the cheese and pulse to blend. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:46.33, Glycemic Load:0.23, Inflammation Score:-1, Nutrition Score:4.7730434718339%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg

Nutrients (% of daily need)

Calories: 276.75kcal (13.84%), Fat: 29.14g (44.83%), Saturated Fat: 4.99g (31.17%), Carbohydrates: 1.21g (0.4%), Net Carbohydrates: 1.02g (0.37%), Sugar: 0.41g (0.46%), Cholesterol: 20.21mg (6.74%), Sodium: 674.77mg (29.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.07%), Vitamin K: 61.93µg (58.98%), Vitamin E: 1.36mg (9.06%), Selenium: 4.17µg (5.96%), Calcium: 53.14mg (5.31%), Phosphorus: 41.69mg (4.17%), Vitamin B3: 0.58mg (2.89%), Vitamin C: 2.37mg (2.87%), Vitamin B2: 0.03mg (2.03%), Vitamin B12: 0.11µg (1.8%), Iron: 0.32mg (1.79%), Copper: 0.03mg (1.66%), Zinc: 0.25mg (1.65%), Manganese: 0.03mg (1.64%), Magnesium: 5.97mg (1.49%), Vitamin B6: 0.03mg (1.39%), Vitamin B5: 0.12mg (1.22%), Vitamin A: 56.62IU (1.13%), Potassium: 37.81mg (1.08%), Folate: 4.21µg (1.05%)