



Casa Dressing



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



274 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 tablespoon ground cumin
- ☐ 1 teaspoon ground pepper black
- ☐ 1 tablespoon juice of lime
- ☐ 0.7 cup mayonnaise
- ☐ 0.3 cup milk
- ☐ 1 teaspoon salt

Equipment

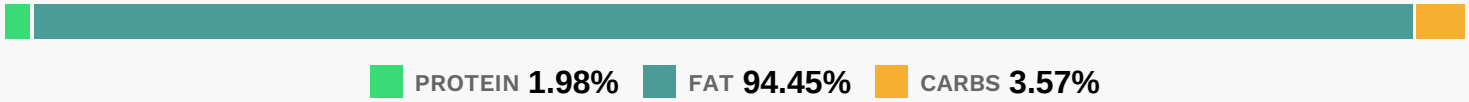
- ☐ bowl
- ☐ whisk

Directions

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In a small bowl, whisk together the mayonnaise, milk, and lime juice. Season with cumin, salt, and pepper. Stir in cilantro just before serving.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:0.55, Inflammation Score:-1, Nutrition Score:4.9969564572625%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 273.91kcal (13.7%), Fat: 28.93g (44.51%), Saturated Fat: 4.78g (29.85%), Carbohydrates: 2.47g (0.82%), Net Carbohydrates: 2.16g (0.79%), Sugar: 1.29g (1.44%), Cholesterol: 18.12mg (6.04%), Sodium: 828.9mg (36.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.72%), Vitamin K: 62.15µg (59.19%), Vitamin E: 1.3mg (8.67%), Iron: 1.13mg (6.29%), Manganese: 0.12mg (5.99%), Calcium: 45.13mg (4.51%), Phosphorus: 37.22mg (3.72%), Vitamin B12: 0.15µg (2.58%), Vitamin B2: 0.04mg (2.45%), Magnesium: 9.5mg (2.37%), Potassium: 76.46mg (2.18%), Vitamin D: 0.3µg (1.99%), Selenium: 1.35µg (1.93%), Vitamin A: 87.61IU (1.75%), Vitamin B1: 0.03mg (1.74%), Vitamin C: 1.27mg (1.54%), Vitamin B5: 0.15mg (1.52%), Zinc: 0.22mg (1.48%), Copper: 0.03mg (1.43%), Vitamin B6: 0.02mg (1.25%), Fiber: 0.3g (1.21%)