



Cheezy Flax Salad Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



85 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 Tablespoons apple cider vinegar
- ☐ 1 Teaspoon dulse flakes
- ☐ 2 Tablespoons flaxseed oil (such as Foods Alive Gold Flax Oil)
- ☐ 0.5 teaspoon garlic granules
- ☐ 2 Tablespoons nutritional yeast
- ☐ 0.5 Teaspoon onion powder

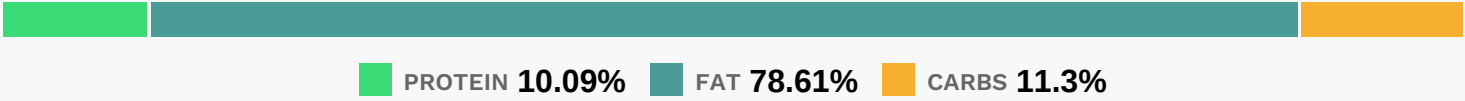
Equipment

- ☐ bowl

Directions

☐ Combine all ingredients in a bowl, and mix well with a wisk or fork.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.92565218205361%

Nutrients (% of daily need)

Calories: 85.12kcal (4.26%), Fat: 7.58g (11.65%), Saturated Fat: 0.7g (4.35%), Carbohydrates: 2.45g (0.82%), Net Carbohydrates: 1.22g (0.44%), Sugar: 0.04g (0.05%), Cholesterol: 0mg (0%), Sodium: 20.25mg (0.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.37%), Vitamin E: 1.3mg (8.64%), Fiber: 1.23g (4.93%), Iron: 0.47mg (2.64%), Potassium: 83.06mg (2.37%)