



Chipotle Caesar Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



73 kcal

SIDE DISH

Ingredients

- ☐ 1 to 2 chipotle peppers canned
- ☐ 0.3 cup egg substitute
- ☐ 2 garlic cloves
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.5 cup olive oil
- ☐ 0.3 cup parmesan cheese shredded
- ☐ 0.5 teaspoon salt

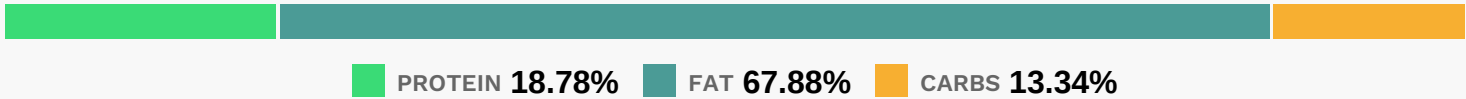
Equipment

☐ food processor

Directions

- ☐ Pulse first 3 ingredients in a food processor 3 to 4 times or until garlic is minced.
- ☐ Add lemon juice, egg substitute, and Parmesan cheese. With food processor running, pour oil through food chute in a slow, steady stream; process until smooth. Cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:11.4, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:3.0986956928087%

Flavonoids

Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg Hesperetin: 2.35mg, Hesperetin: 2.35mg, Hesperetin: 2.35mg, Hesperetin: 2.35mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 72.84kcal (3.64%), Fat: 5.66g (8.7%), Saturated Fat: 1.42g (8.9%), Carbohydrates: 2.5g (0.83%), Net Carbohydrates: 2.13g (0.77%), Sugar: 0.98g (1.09%), Cholesterol: 3.4mg (1.13%), Sodium: 344.97mg (15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.04%), Selenium: 7.92µg (11.31%), Vitamin C: 6.75mg (8.18%), Calcium: 74.22mg (7.42%), Vitamin E: 0.91mg (6.09%), Phosphorus: 49.36mg (4.94%), Vitamin B2: 0.08mg (4.83%), Vitamin B5: 0.32mg (3.17%), Iron: 0.49mg (2.72%), Vitamin K: 2.74µg (2.61%), Vitamin B6: 0.05mg (2.41%), Zinc: 0.32mg (2.11%), Vitamin B12: 0.11µg (1.91%), Vitamin D: 0.28µg (1.87%), Vitamin B1: 0.03mg (1.83%), Potassium: 60.34mg (1.72%), Folate: 6.2µg (1.55%), Vitamin A: 76.28IU (1.53%), Fiber: 0.37g (1.5%), Magnesium: 5.88mg (1.47%), Manganese: 0.02mg (1.23%)