



## Chive Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



87 kcal

SIDE DISH

### Ingredients

- ☐ 8 ounce crème fraîche sour
- ☐ 2 tablespoons egg substitute
- ☐ 0.3 cup chives fresh thinly sliced
- ☐ 2 garlic cloves minced
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 cup olive oil
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt

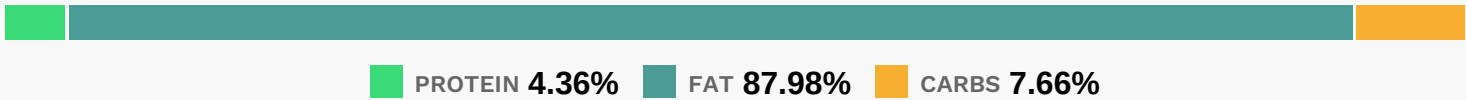
# Equipment

- ☐ bowl
- ☐ whisk

# Directions

- ☐ Combine first 6 ingredients in a small bowl. Gradually whisk in oil.
- ☐ Add crme frache. Cover and chill.

# Nutrition Facts



# Properties

Glycemic Index:10.7, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:1.8165217391823%

# Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

# Nutrients (% of daily need)

Calories: 87.04kcal (4.35%), Fat: 8.74g (13.45%), Saturated Fat: 2.89g (18.07%), Carbohydrates: 1.71g (0.57%), Net Carbohydrates: 1.64g (0.6%), Sugar: 0.98g (1.09%), Cholesterol: 13.38mg (4.46%), Sodium: 71.82mg (3.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.95%), Vitamin K: 5.88µg (5.6%), Vitamin E: 0.77mg (5.13%), Vitamin A: 207.13IU (4.14%), Vitamin C: 2.92mg (3.54%), Selenium: 2.27µg (3.24%), Vitamin B2: 0.05mg (3.14%), Calcium: 28.13mg (2.81%), Phosphorus: 21.67mg (2.17%), Vitamin B5: 0.14mg (1.44%), Potassium: 46.87mg (1.34%), Vitamin B6: 0.03mg (1.25%), Manganese: 0.02mg (1.24%), Folate: 4.2µg (1.05%)