



Cook the Book: Green Goddess Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



208 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon anchovy paste (, if desired)
- ☐ 1 teaspoon dijon mustard
- ☐ 1 cup parsley dried washed
- ☐ 1 clove garlic crushed
- ☐ 1 cup mayonnaise
- ☐ 1 spring onion cut into 1-inch pieces
- ☐ 1 cup cream sour
- ☐ 2 tablespoons tarragon vinegar

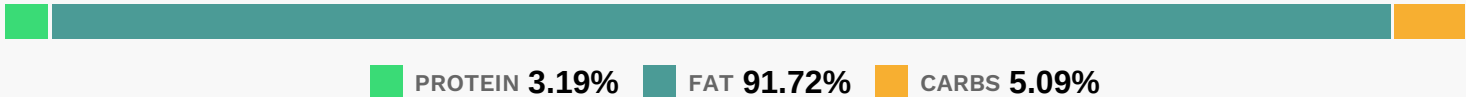
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ In a food processor or blender. combine parsley, garlic, scallion, vinegar, mustard, and anchovy paste until vegetables are minced.
- ☐ Add mayonnaise and sour cream and blend well. Refrigerate for several hours or overnight to develop flavors. Use within 5 to 7 days.

Nutrition Facts



Properties

Glycemic Index:19.4, Glycemic Load:0.11, Inflammation Score:-6, Nutrition Score:6.2860868625019%

Flavonoids

Apigenin: 112.59mg, Apigenin: 112.59mg, Apigenin: 112.59mg, Apigenin: 112.59mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 8.28mg, Isorhamnetin: 8.28mg, Isorhamnetin: 8.28mg, Isorhamnetin: 8.28mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 208.13kcal (10.41%), Fat: 21.43g (32.97%), Saturated Fat: 4.99g (31.21%), Carbohydrates: 2.67g (0.89%), Net Carbohydrates: 1.95g (0.71%), Sugar: 1.13g (1.26%), Cholesterol: 23.49mg (7.83%), Sodium: 188.5mg (8.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.36%), Vitamin K: 73.41µg (69.92%), Manganese: 0.26mg (13.04%), Vitamin E: 1.07mg (7.16%), Vitamin B2: 0.11mg (6.25%), Calcium: 56.83mg (5.68%), Vitamin C: 3.65mg (4.43%), Vitamin A: 218.91IU (4.38%), Iron: 0.67mg (3.74%), Phosphorus: 36.17mg (3.62%), Magnesium: 13.52mg (3.38%), Selenium: 2.36µg (3.38%), Potassium: 108.9mg (3.11%), Fiber: 0.73g (2.91%), Vitamin B3: 0.4mg (2%), Vitamin B6: 0.04mg (1.99%), Folate: 7.89µg (1.97%), Zinc: 0.27mg (1.81%), Copper: 0.03mg (1.62%), Vitamin B5: 0.15mg (1.52%), Vitamin B12: 0.08µg (1.34%)