



Creamy Caesar Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



32

CALORIES



7 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon anchovy paste
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup yogurt plain fat-free
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 2 teaspoons red wine vinegar

☐ 2 teaspoons worcestershire sauce

Equipment

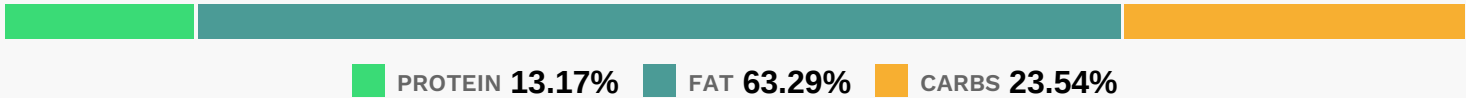
☐ bowl

☐ whisk

Directions

☐ Combine all ingredients in a bowl; stir well with a whisk.

Nutrition Facts



Properties

Glycemic Index:2.94, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.27086956377911%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 6.56kcal (0.33%), Fat: 0.47g (0.72%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 0.39g (0.13%), Net Carbohydrates: 0.37g (0.14%), Sugar: 0.26g (0.29%), Cholesterol: 0.21mg (0.07%), Sodium: 15.51mg (0.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.44%)