



Creamy Feta Dressing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



51 kcal

SIDE DISH

Ingredients

- ☐ 1 ounce feta cheese crumbled
- ☐ 1 garlic clove
- ☐ 0.3 cup mayonnaise light
- ☐ 0.5 cup buttermilk low-fat
- ☐ 0.3 cup cream sour reduced-fat
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt

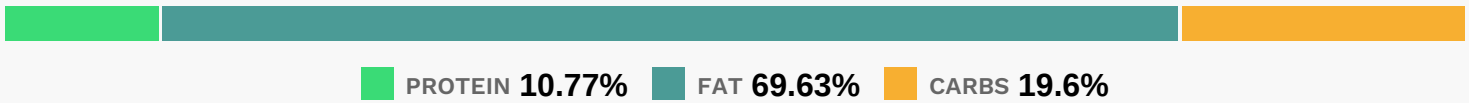
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Drop garlic through food chute with food processor on; process until minced.
- ☐ Add mayonnaise and remaining ingredients. Process until well-blended, scraping sides of food processor bowl once. Cover and chill 1 hour.
- ☐ Serve with salad greens or summer tomatoes.

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:1.4999999881763%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 51.27kcal (2.56%), Fat: 4.01g (6.17%), Saturated Fat: 1.53g (9.53%), Carbohydrates: 2.54g (0.85%), Net Carbohydrates: 2.53g (0.92%), Sugar: 1.08g (1.2%), Cholesterol: 8.6mg (2.87%), Sodium: 220.48mg (9.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.79%), Calcium: 49.81mg (4.98%), Vitamin K: 5.2µg (4.95%), Vitamin B2: 0.06mg (3.82%), Phosphorus: 34.12mg (3.41%), Vitamin B12: 0.13µg (2.22%), Selenium: 1.43µg (2.04%), Vitamin E: 0.25mg (1.65%), Zinc: 0.22mg (1.5%), Potassium: 49.99mg (1.43%), Vitamin B6: 0.03mg (1.35%), Vitamin A: 60.18IU (1.2%), Vitamin B1: 0.02mg (1.06%)