



Creamy Garlic Salad Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



231 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 garlic cloves minced
- 0.5 cup mayonnaise
- 3 tablespoons oil
- 1 teaspoon salt
- 3 tablespoons vinegar white

Equipment

- bowl
- whisk

Directions

- Combine salt and garlic in small bowl, pressing with the back of a spoon to form a paste.
- Whisk in remaining ingredients. Cover and chill 1 hour.

Nutrition Facts

PROTEIN 0.57% FAT 98.17% CARBS 1.26%

Properties

Glycemic Index:26, Glycemic Load:0.23, Inflammation Score:-1, Nutrition Score:2.8813042710333%

Flavonoids

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 230.99kcal (11.55%), Fat: 25.16g (38.71%), Saturated Fat: 3.24g (20.25%), Carbohydrates: 0.73g (0.24%), Net Carbohydrates: 0.69g (0.25%), Sugar: 0.15g (0.17%), Cholesterol: 9.41mg (3.14%), Sodium: 607.83mg (26.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.66%), Vitamin K: 42.53µg (40.51%), Vitamin E: 2.21mg (14.71%), Manganese: 0.04mg (1.91%), Vitamin B6: 0.02mg (1.21%), Selenium: 0.82µg (1.17%)