



Creamy Garlic Salad Dressing



Vegetarian



Gluten Free



Popular

READY IN



10 min.

SERVINGS



3

CALORIES



835 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 teaspoons garlic powder
- ☐ 0.8 teaspoon juice of lemon
- ☐ 1 cup mayonnaise
- ☐ 1 teaspoon mustard seed
- ☐ 2 cups cup heavy whipping cream sour
- ☐ 1 teaspoon steak sauce
- ☐ 0.8 teaspoon vegetable oil
- ☐ 0.8 teaspoon citrus champagne vinegar

Equipment

☐

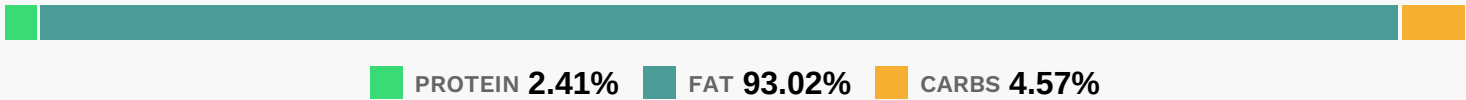
whisk

Directions

☐

Whisk together the sour cream, mayonnaise, steak sauce, lemon juice, vinegar, oil, monosodium glutamate, garlic powder and mustard seed. Refrigerate until chilled.

Nutrition Facts



Properties

Glycemic Index:18.33, Glycemic Load:0.28, Inflammation Score:-6, Nutrition Score:11.423913017563%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 834.76kcal (41.74%), Fat: 87.11g (134.01%), Saturated Fat: 24.42g (152.62%), Carbohydrates: 9.64g (3.21%), Net Carbohydrates: 9.32g (3.39%), Sugar: 5.93g (6.59%), Cholesterol: 121.83mg (40.61%), Sodium: 545.11mg (23.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.14%), Vitamin K: 126.17µg (120.16%), Vitamin E: 3.21mg (21.37%), Vitamin A: 1008.12IU (20.16%), Calcium: 165.48mg (16.55%), Vitamin B2: 0.28mg (16.36%), Phosphorus: 149.41mg (14.94%), Selenium: 9.96µg (14.23%), Potassium: 243.77mg (6.97%), Vitamin B12: 0.41µg (6.86%), Vitamin B5: 0.67mg (6.68%), Magnesium: 21.67mg (5.42%), Vitamin B6: 0.11mg (5.39%), Zinc: 0.74mg (4.96%), Folate: 15.85µg (3.96%), Vitamin B1: 0.06mg (3.71%), Manganese: 0.07mg (3.46%), Copper: 0.06mg (3.09%), Iron: 0.49mg (2.75%), Vitamin C: 2.06mg (2.49%), Fiber: 0.33g (1.3%), Vitamin B3: 0.22mg (1.1%)