



Creamy Italian Dressing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



218 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon basil dried
- ☐ 2 teaspoons flat-leaf parsley fresh chopped
- ☐ 2 tablespoons heavy cream
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 pinch pepper
- ☐ 1 tablespoon sugar

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3 tablespoons citrus champagne vinegar

Equipment

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bowl

☐

whisk

Directions

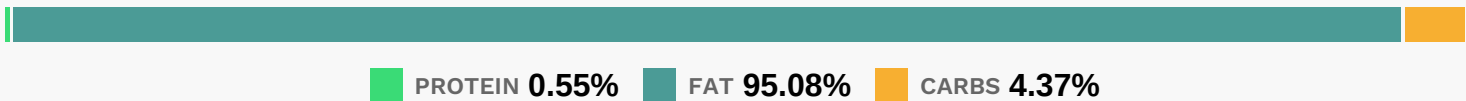
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In a mayonnaise jar, combine the mayonnaise, vinegar, cream, sugar, oregano, basil, parsley, and pepper; shake well.

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Transfer to a bowl and, whisking constantly, slowly add the olive oil.

Nutrition Facts



Properties

Glycemic Index:31.52, Glycemic Load:1.44, Inflammation Score:-2, Nutrition Score:2.4378261034903%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 217.52kcal (10.88%), Fat: 23.13g (35.59%), Saturated Fat: 4.27g (26.67%), Carbohydrates: 2.39g (0.8%), Net Carbohydrates: 2.29g (0.83%), Sugar: 2.22g (2.47%), Cholesterol: 10.88mg (3.63%), Sodium: 81.36mg (3.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.6%), Vitamin K: 30.71µg (29.25%), Vitamin E: 2.22mg (14.81%), Vitamin A: 87.94IU (1.76%), Iron: 0.27mg (1.52%), Manganese: 0.02mg (1.16%)