



Creamy Italian Dressing with Romaine

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



305 kcal

SIDE DISH

Ingredients

- 0.3 cup olive oil extra virgin
- 3 tablespoons heavy cream
- 0.5 teaspoon penzey's southwest seasoning italian
- 0.5 cup mayonnaise
- 5 servings romaine lettuce chopped
- 1 tablespoon sugar
- 0.3 cup citrus champagne vinegar

Equipment

whisk

Directions

Whisk together mayonnaise, olive oil, vinegar, cream, sugar, and Italian seasoning. (Will keep in refrigerator 1 week.)

Serve with chopped Romaine lettuce.

Nutrition Facts



PROTEIN 1.99% **FAT 90.57%** **CARBS 7.44%**

Properties

Glycemic Index:25.02, Glycemic Load:1.74, Inflammation Score:-10, Nutrition Score:13.588695590911%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 304.88kcal (15.24%), Fat: 31.08g (47.81%), Saturated Fat: 6.22g (38.86%), Carbohydrates: 5.74g (1.91%), Net Carbohydrates: 3.87g (1.41%), Sugar: 3.81g (4.23%), Cholesterol: 19.58mg (6.53%), Sodium: 152.72mg (6.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.08%), Vitamin A: 7553.76IU (151.08%), Vitamin K: 131.67µg (125.4%), Folate: 117.55µg (29.39%), Vitamin E: 2.52mg (16.8%), Fiber: 1.87g (7.48%), Manganese: 0.15mg (7.45%), Potassium: 230.32mg (6.58%), Iron: 1.07mg (5.94%), Vitamin B2: 0.08mg (4.68%), Vitamin B1: 0.07mg (4.37%), Vitamin C: 3.52mg (4.26%), Calcium: 39.83mg (3.98%), Phosphorus: 36.68mg (3.67%), Vitamin B6: 0.07mg (3.5%), Magnesium: 13.77mg (3.44%), Copper: 0.05mg (2.43%), Vitamin B5: 0.18mg (1.84%), Zinc: 0.26mg (1.73%), Selenium: 1.15µg (1.64%), Vitamin B3: 0.28mg (1.41%), Vitamin D: 0.19µg (1.26%)