



Creamy Parmesan Italian Dipping Sauce

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon garlic finely chopped
- ☐ 0.1 teaspoon ground pepper black
- ☐ 0.5 cup mayonnaise dressing with olive oil best foods®
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 teaspoon red wine vinegar
- ☐ 7 oz roasted peppers red drained finely chopped

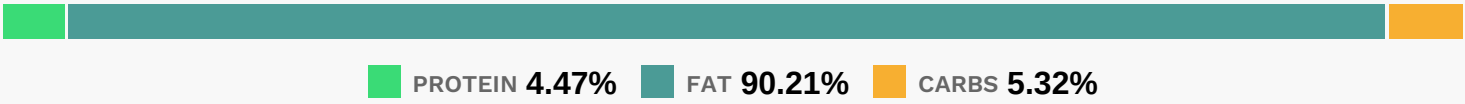
Equipment

- ☐ bowl

Directions

- ☐
- Combine all ingredients in medium bowl. Chill, if desired.
- ☐
- Serve with your favorite dippers, such as French fries, chicken nuggets and/or mozzarella sticks.

Nutrition Facts



Properties

Glycemic Index:11.2, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:2.4334782316633%

Nutrients (% of daily need)

Calories: 90.57kcal (4.53%), Fat: 9.14g (14.06%), Saturated Fat: 1.71g (10.67%), Carbohydrates: 1.21g (0.4%), Net Carbohydrates: 0.97g (0.35%), Sugar: 0.07g (0.07%), Cholesterol: 6.88mg (2.29%), Sodium: 386.58mg (16.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.04%), Vitamin K: 18.34µg (17.47%), Vitamin C: 9.28mg (11.24%), Calcium: 31.52mg (3.15%), Vitamin A: 132.25IU (2.64%), Vitamin E: 0.38mg (2.54%), Phosphorus: 22.45mg (2.24%), Manganese: 0.04mg (2.02%), Vitamin B6: 0.04mg (2.01%), Selenium: 1.21µg (1.74%), Copper: 0.03mg (1.49%), Iron: 0.2mg (1.11%), Zinc: 0.16mg (1.09%), Potassium: 36.8mg (1.05%)