



Creamy Peppercorn Dressing

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



293 kcal

SIDE DISH

Ingredients

- 2 teaspoons pepper black freshly ground
- 2 medium garlic clove finely chopped
- 0.5 teaspoon kosher salt
- 2 tablespoons juice of lemon freshly squeezed (from 1 medium lemon)
- 0.5 cup mayonnaise
- 2 tablespoons milk (not nonfat)
- 0.3 cup parmesan cheese freshly grated
- 0.5 cup cream sour

Equipment

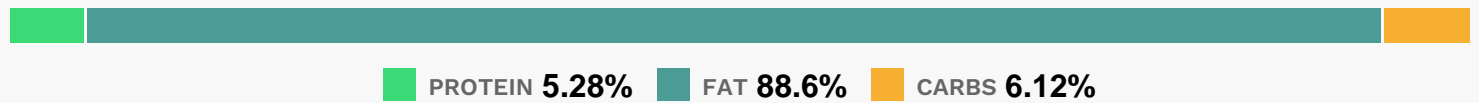
bowl

whisk

Directions

Place all of the ingredients in a medium bowl and whisk until combined. Refrigerate in a container with a tightfitting lid for up to 4 days.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:0.48, Inflammation Score:-3, Nutrition Score:5.7460868915786%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 293.3kcal (14.67%), Fat: 29.15g (44.85%), Saturated Fat: 7.63g (47.68%), Carbohydrates: 4.53g (1.51%), Net Carbohydrates: 4.22g (1.53%), Sugar: 1.72g (1.91%), Cholesterol: 36.87mg (12.29%), Sodium: 626.61mg (27.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.82%), Vitamin K: 47.9µg (45.62%), Calcium: 121.94mg (12.19%), Phosphorus: 92.61mg (9.26%), Manganese: 0.17mg (8.34%), Vitamin E: 1.1mg (7.31%), Selenium: 5.04µg (7.2%), Vitamin A: 287.6IU (5.75%), Vitamin B2: 0.1mg (5.72%), Vitamin C: 3.63mg (4.4%), Vitamin B12: 0.25µg (4.12%), Zinc: 0.56mg (3.75%), Potassium: 95.21mg (2.72%), Vitamin B6: 0.05mg (2.52%), Magnesium: 9.51mg (2.38%), Vitamin B5: 0.23mg (2.33%), Copper: 0.03mg (1.66%), Vitamin B1: 0.02mg (1.39%), Iron: 0.25mg (1.38%), Folate: 5.34µg (1.34%), Fiber: 0.31g (1.23%), Vitamin D: 0.18µg (1.2%)