



Creamy Tarragon Dressing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



6 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

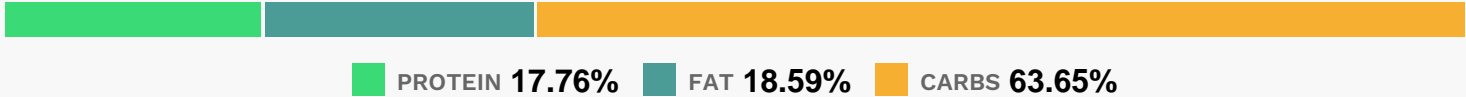
- 0.8 teaspoon dijon mustard
- 0.5 teaspoon tarragon dried
- 0.3 cup mayonnaise fat-free
- 0.3 cup yogurt plain fat-free
- 1 tablespoon citrus champagne vinegar

Equipment

Directions

Combine all ingredients; stir well, and set aside.

Nutrition Facts



Properties

Glycemic Index:6.38, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.29130435006126%

Nutrients (% of daily need)

Calories: 5.68kcal (0.28%), Fat: 0.12g (0.18%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 0.9g (0.3%), Net Carbohydrates: 0.82g (0.3%), Sugar: 0.67g (0.74%), Cholesterol: 0.4mg (0.13%), Sodium: 34.08mg (1.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.5%)