



Creamy Watercress Dressing

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



281 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons anchovy paste
- ☐ 1 clove garlic peeled
- ☐ 2 tablespoons juice of lemon
- ☐ 1 cup mayonnaise
- ☐ 6 servings try build-a-meal
- ☐ 6 servings salt and pepper
- ☐ 1 qt watercress

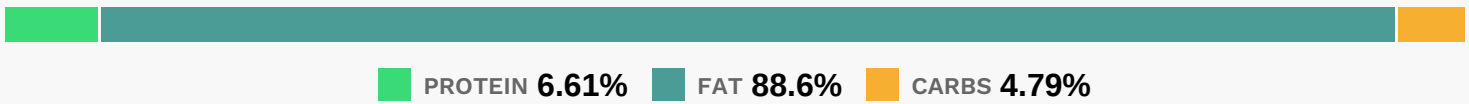
Equipment

- ☐ food processor
- ☐ bowl
- ☐ whisk
- ☐ blender

Directions

- ☐ Rinse watercress and drain well; pat dry with towels, then coarsely chop.
- ☐ In a blender or food processor, whirl watercress, 1/2 cup mayonnaise, lemon juice, anchovy paste, and garlic until smooth.
- ☐ Pour into a bowl and whisk in remaining mayonnaise until smooth.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:0.55, Inflammation Score:-10, Nutrition Score:19.840434592703%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 36.33mg, Kaempferol: 36.33mg, Kaempferol: 36.33mg, Kaempferol: 36.33mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 47.33mg, Quercetin: 47.33mg, Quercetin: 47.33mg, Quercetin: 47.33mg

Nutrients (% of daily need)

Calories: 280.5kcal (14.03%), Fat: 28.32g (43.57%), Saturated Fat: 4.46g (27.88%), Carbohydrates: 3.44g (1.15%), Net Carbohydrates: 2.4g (0.87%), Sugar: 0.67g (0.74%), Cholesterol: 17.38mg (5.79%), Sodium: 569.07mg (24.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.75g (9.51%), Vitamin K: 455.48µg (433.79%), Vitamin A: 5058.54IU (101.17%), Vitamin C: 69.91mg (84.74%), Manganese: 0.47mg (23.3%), Calcium: 198.78mg (19.88%), Vitamin E: 2.89mg (19.27%), Potassium: 553.34mg (15.81%), Vitamin B2: 0.21mg (12.23%), Phosphorus: 115mg (11.5%), Vitamin B6: 0.22mg (11.15%), Vitamin B1: 0.15mg (10.16%), Magnesium: 37.79mg (9.45%), Copper: 0.14mg (7.24%), Selenium: 4.23µg (6.04%), Vitamin B5: 0.6mg (5.96%), Folate: 17.49µg (4.37%), Fiber: 1.04g (4.16%), Vitamin B3: 0.78mg (3.88%), Iron: 0.56mg (3.14%), Zinc: 0.34mg (2.29%), Vitamin B12: 0.06µg (1.04%)