

Easiest Salad Dressing

 Vegetarian  Gluten Free

READY IN

ready

5 min.

SERVINGS

servings

4

CALORIES

calories

193 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pinch ground pepper black
- ☐ 0.5 cup mayonnaise
- ☐ 3 teaspoons milk
- ☐ 0.3 teaspoon salt

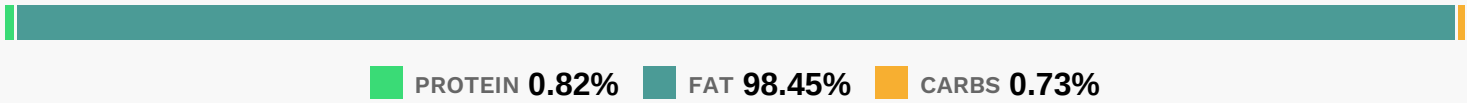
Equipment

Directions

☐

Combine the mayonnaise, milk, salt and pepper in a jar with a tight fitting lid. Shake vigorously to mix, then pour over your salad.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:2.5404347946624%

Nutrients (% of daily need)

Calories: 192.71kcal (9.64%), Fat: 21.06g (32.41%), Saturated Fat: 3.35g (20.91%), Carbohydrates: 0.35g (0.12%), Net Carbohydrates: 0.34g (0.13%), Sugar: 0.34g (0.38%), Cholesterol: 12.21mg (4.07%), Sodium: 324.57mg (14.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.79%), Vitamin K: 45.69µg (43.52%), Vitamin E: 0.92mg (6.14%), Selenium: 0.72µg (1.02%)