



Easy Tofu Dressing

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



3

CALORIES



125 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup buttermilk
- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 cup catsup
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 12 ounces silken tofu firm
- ☐ 2 tablespoons relish sweet

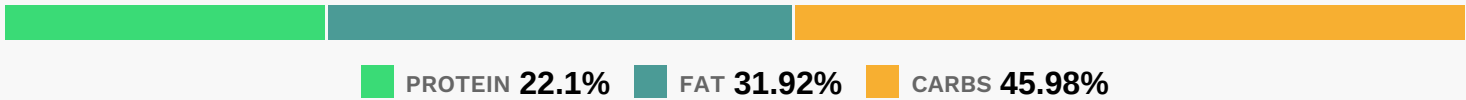
Equipment

☐ blender

Directions

- ☐ Add all of the ingredients into a blender and combine until smooth. Store in an airtight container in the refrigerator for up to a week.
- ☐ Serve as a dressing for a salad, as a sauce for a hamburger or a dipping sauce for vegetables.

Nutrition Facts



Properties

Glycemic Index:31.67, Glycemic Load:0.66, Inflammation Score:-4, Nutrition Score:5.9078260919322%

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 Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 125.36kcal (6.27%), Fat: 4.64g (7.15%), Saturated Fat: 1.19g (7.45%), Carbohydrates: 15.05g (5.02%), Net Carbohydrates: 14.46g (5.26%), Sugar: 10.81g (12.01%), Cholesterol: 4.4mg (1.47%), Sodium: 1140.45mg (49.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.24g (14.47%), Copper: 0.28mg (13.99%), Phosphorus: 117.23mg (11.72%), Magnesium: 43.28mg (10.82%), Vitamin B1: 0.15mg (9.69%), Potassium: 334.06mg (9.54%), Vitamin K: 9.72µg (9.26%), Vitamin B2: 0.16mg (9.14%), Calcium: 89.86mg (8.99%), Iron: 1.22mg (6.79%), Vitamin A: 296.07IU (5.92%), Zinc: 0.83mg (5.53%), Selenium: 3.34µg (4.78%), Manganese: 0.09mg (4.44%), Vitamin B3: 0.72mg (3.61%), Vitamin C: 2.88mg (3.48%), Vitamin D: 0.52µg (3.47%), Vitamin B6: 0.07mg (3.33%), Vitamin B12: 0.18µg (3.07%), Vitamin E: 0.41mg (2.71%), Fiber: 0.6g (2.39%), Vitamin B5: 0.19mg (1.88%), Folate: 5.31µg (1.33%)