



Eggless Vegan Caesar Salad Dressing



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



3

CALORIES



211 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 clove garlic minced
- ☐ 0.5 juice of lemon juiced
- ☐ 0.3 cup olive oil
- ☐ 3 servings bell pepper to taste
- ☐ 1 pinch salt
- ☐ 1 tablespoon veganaise
- ☐ 0.5 teaspoon vegan worcestershire sauce

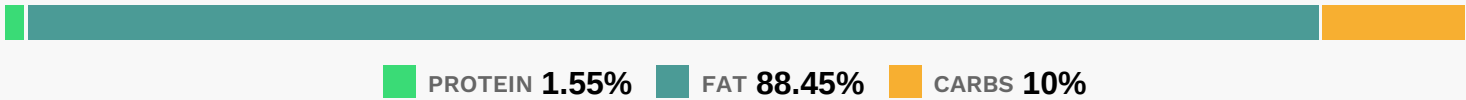
Equipment

☐ bowl

Directions

- ☐ In a wooden salad bowl combine all the ingredients.
- ☐ Mix thoroughly.Wash and dry a small head of romaine and tear into small pieces.
- ☐ Add lettuce to salad bowl. Toss until the dressing is clinging equally on all the leaves.

Nutrition Facts



Properties

Glycemic Index:39.83, Glycemic Load:1.04, Inflammation Score:-9, Nutrition Score:10.730000006116%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 211.31kcal (10.57%), Fat: 21.26g (32.7%), Saturated Fat: 2.86g (17.89%), Carbohydrates: 5.41g (1.8%), Net Carbohydrates: 3.78g (1.37%), Sugar: 3.26g (3.62%), Cholesterol: 0mg (0%), Sodium: 65.25mg (2.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.68%), Vitamin C: 95.89mg (116.23%), Vitamin A: 2334.1IU (46.68%), Vitamin E: 3.77mg (25.16%), Vitamin K: 14.53µg (13.83%), Vitamin B6: 0.23mg (11.5%), Folate: 34.46µg (8.61%), Fiber: 1.63g (6.5%), Manganese: 0.1mg (5.19%), Potassium: 170.87mg (4.88%), Vitamin B2: 0.07mg (3.9%), Vitamin B3: 0.75mg (3.74%), Vitamin B1: 0.04mg (2.97%), Iron: 0.51mg (2.81%), Vitamin B5: 0.24mg (2.45%), Magnesium: 9.73mg (2.43%), Phosphorus: 22.43mg (2.24%), Zinc: 0.21mg (1.37%)