



Emily's Famous Parmesan and Peppercorn Ranch Dressing

 Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



53 kcal

SIDE DISH

Ingredients

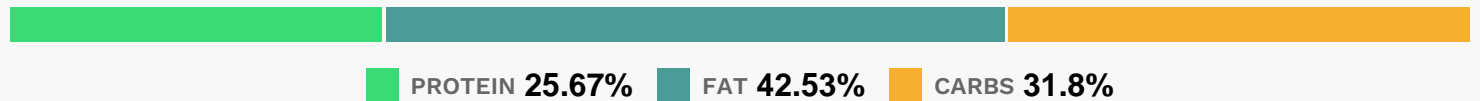
- 2 teaspoons pepper black freshly ground
- 2 tablespoons parsley fresh finely chopped
- 0.3 cup spring onion finely chopped
- 1 tablespoon mayonnaise
- 0.3 cup parmesan cheese grated to taste
- 2 cups yogurt plain
- 0.5 teaspoon salt to taste

Equipment

Directions

- Stir the yogurt, mayonnaise, green onion, parsley, pepper, salt, and Parmesan cheese together. Stir in milk to make it as thin as you like it, or leave it thick. Taste and adjust the salt if needed, adding either more cheese or more salt. Refrigerate for about an hour before serving.

Nutrition Facts



Properties

Glycemic Index:14.6, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:3.7973912944612%

Flavonoids

Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 53.01kcal (2.65%), Fat: 2.53g (3.89%), Saturated Fat: 1.05g (6.55%), Carbohydrates: 4.26g (1.42%), Net Carbohydrates: 4.06g (1.48%), Sugar: 3.53g (3.92%), Cholesterol: 5.7mg (1.9%), Sodium: 204.14mg (8.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.87%), Vitamin K: 21.37µg (20.35%), Calcium: 116.63mg (11.66%), Phosphorus: 88.72mg (8.87%), Vitamin B2: 0.12mg (6.9%), Vitamin B12: 0.31µg (5.16%), Potassium: 136.21mg (3.89%), Zinc: 0.57mg (3.8%), Selenium: 2.56µg (3.66%), Vitamin B5: 0.31mg (3.11%), Manganese: 0.06mg (3.04%), Vitamin A: 142.03IU (2.84%), Magnesium: 10.81mg (2.7%), Vitamin C: 1.93mg (2.33%), Folate: 8.49µg (2.12%), Vitamin B1: 0.02mg (1.66%), Vitamin B6: 0.03mg (1.48%)