



## Four-Herb Green Goddess Dressing

 **Gluten Free**

READY IN



**17 min.**

SERVINGS



**16**

CALORIES



**29 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 fillet anchovy canned
- 0.3 cup chives fresh chopped
- 0.7 cup parsley leaves fresh
- 0.3 cup tarragon leaves fresh
- 1 garlic clove minced
- 1 cup greek yogurt plain fat-free
- 2 teaspoons juice of lemon fresh
- 0.5 cup mayonnaise reduced-fat

- 0.5 teaspoon pepper sauce hot (such as Tabasco)
- 2 teaspoons worcestershire sauce

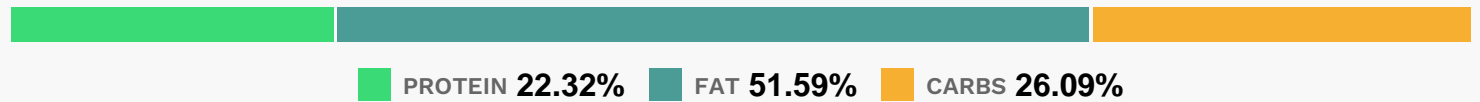
## Equipment

- food processor
- blender

## Directions

- Place first 7 ingredients in a blender or food processor; process until smooth.
- Add parsley and remaining ingredients; process until herbs are minced.

## Nutrition Facts



## Properties

Glycemic Index:11.06, Glycemic Load:0.29, Inflammation Score:-3, Nutrition Score:3.7613043741364%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 29.13kcal (1.46%), Fat: 1.7g (2.62%), Saturated Fat: 0.28g (1.74%), Carbohydrates: 1.94g (0.65%), Net Carbohydrates: 1.77g (0.65%), Sugar: 0.79g (0.87%), Cholesterol: 1.9mg (0.63%), Sodium: 84.28mg (3.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.32%), Vitamin K: 46.13µg (43.93%), Vitamin C: 4.58mg (5.55%), Vitamin A: 277.6IU (5.55%), Manganese: 0.07mg (3.74%), Vitamin B2: 0.05mg (3%), Calcium: 29.02mg (2.9%), Iron: 0.49mg (2.74%), Phosphorus: 23.63mg (2.36%), Selenium: 1.62µg (2.32%), Folate: 8.02µg (2%), Potassium: 68.16mg (1.95%), Vitamin B6: 0.03mg (1.68%), Magnesium: 6.11mg (1.53%), Vitamin B12: 0.09µg (1.49%), Vitamin E: 0.18mg (1.22%)