



Greek Goddess Dressing

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



13

CALORIES



42 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon chives fresh finely chopped
- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 1 small garlic clove peeled
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup mayonnaise

- ☐ 0.7 cup nonfat buttermilk
- ☐ 0.5 cup greek yogurt plain 2% reduced-fat
- ☐ 1 tablespoon shallots thinly sliced

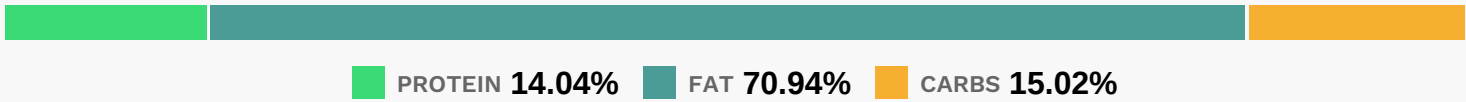
Equipment

- ☐ blender

Directions

- ☐ Place all ingredients in a blender; process until smooth. Cover and store in refrigerator up to 1 week.

Nutrition Facts



Properties

Glycemic Index:22.23, Glycemic Load:0.24, Inflammation Score:-1, Nutrition Score:1.4830434657633%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.66mg, Apigenin: 0.66mg, Apigenin: 0.66mg, Apigenin: 0.66mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 41.61kcal (2.08%), Fat: 3.3g (5.08%), Saturated Fat: 0.52g (3.28%), Carbohydrates: 1.57g (0.52%), Net Carbohydrates: 1.47g (0.54%), Sugar: 0.98g (1.09%), Cholesterol: 2.44mg (0.81%), Sodium: 131.39mg (5.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.94%), Vitamin K: 12.63µg (12.03%), Manganese: 0.06mg (2.83%), Vitamin C: 1.54mg (1.86%), Calcium: 18.23mg (1.82%), Vitamin B2: 0.03mg (1.82%), Phosphorus: 14.33mg (1.43%), Selenium: 0.93µg (1.33%), Iron: 0.23mg (1.28%), Vitamin B6: 0.03mg (1.25%), Vitamin A: 62.02IU (1.24%), Potassium: 35.57mg (1.02%)