



## Green Goddess Dipping Sauce

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 10 servings garnish: dill sprig fresh
- ☐ 1 tablespoon firmly dill leaves fresh packed
- ☐ 1 garlic clove
- ☐ 1 green onion chopped
- ☐ 1 tablespoon juice of lemon
- ☐ 2 teaspoons lemon zest
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 cup firmly parsley leaves fresh packed

- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup cup heavy whipping cream sour
- ☐ 1 tablespoon firmly tarragon leaves fresh packed

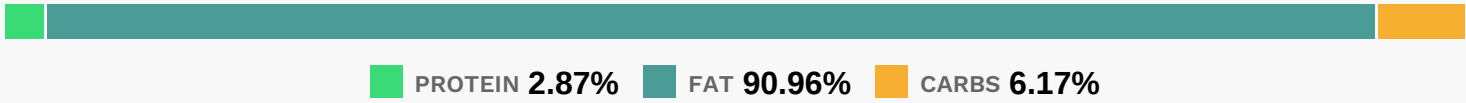
## Equipment

- ☐ food processor
- ☐ blender

## Directions

- ☐ Process first 11 ingredients in a food processor or blender 30 seconds or until smooth, stopping to scrape sides as needed. Cover and chill 1 hour before serving.
- ☐ Garnish, if desired. Store in refrigerator up to 1 week.

## Nutrition Facts



## Properties

Glycemic Index:27.6, Glycemic Load:0.32, Inflammation Score:-4, Nutrition Score:5.0317392128965%

## Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

## Nutrients (% of daily need)

Calories: 114.99kcal (5.75%), Fat: 11.81g (18.17%), Saturated Fat: 3.07g (19.2%), Carbohydrates: 1.8g (0.6%), Net Carbohydrates: 1.55g (0.56%), Sugar: 0.76g (0.85%), Cholesterol: 14.88mg (4.96%), Sodium: 195.23mg (8.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.68%), Vitamin K: 70.29µg (66.94%), Vitamin A: 420.23IU (8.4%), Vitamin C: 6.03mg (7.31%), Manganese: 0.08mg (3.94%), Calcium: 33.05mg (3.3%), Vitamin E: 0.47mg (3.11%), Iron: 0.49mg (2.72%), Vitamin B2: 0.05mg (2.69%), Folate: 9.42µg (2.36%), Phosphorus: 20.64mg

(2.06%), Potassium: 69.98mg (2%), Vitamin B6: 0.03mg (1.69%), Magnesium: 6.4mg (1.6%), Selenium: 0.99µg (1.41%)