



Green Goddess Dressing

 Gluten Free

READY IN



15 min.

SERVINGS



5

CALORIES



38 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons anchovy paste
- ☐ 5 servings pepper black freshly ground
- ☐ 2 tablespoons chives fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 tablespoons tarragon fresh chopped
- ☐ 3 teaspoons juice of lemon freshly squeezed (from 1 lemon)
- ☐ 2 tablespoons spring onion chopped
- ☐ 0.3 cup cream sour

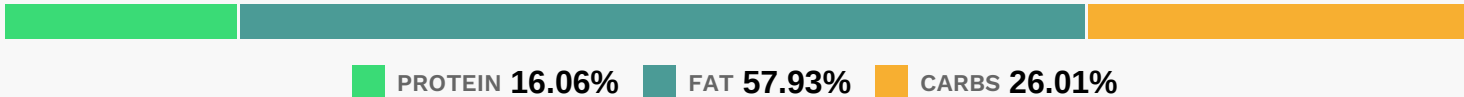
Equipment

- ☐ food processor
- ☐ blender

Directions

☐ In a blender or food processor, blend together the mayonnaise, sour cream, scallion, anchovy paste, parsley, 2 tablespoons chives, tarragon, and 2 teaspoons lemon juice, stopping and scraping down the sides occasionally, and blending until the dressing turns green. Taste and blend in the remaining tablespoon chives and 1 teaspoon lemon juice, if desired. Season the dressing with freshly ground black pepper. DO AHEAD: The dressing can be prepared ahead and refrigerated, in an airtight container, up to 4 days.

Nutrition Facts



Properties

Glycemic Index:42.2, Glycemic Load:0.94, Inflammation Score:-5, Nutrition Score:6.8678259881942%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 38.29kcal (1.91%), Fat: 2.66g (4.1%), Saturated Fat: 1.26g (7.9%), Carbohydrates: 2.69g (0.9%), Net Carbohydrates: 2.23g (0.81%), Sugar: 0.58g (0.65%), Cholesterol: 8.31mg (2.77%), Sodium: 74.07mg (3.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.32%), Vitamin K: 73.68µg (70.17%), Manganese: 0.25mg (12.7%), Vitamin A: 603.82IU (12.08%), Vitamin C: 9.13mg (11.07%), Iron: 1.31mg (7.28%), Calcium: 56.66mg (5.67%), Folate: 18.09µg (4.52%), Vitamin B6: 0.08mg (4.21%), Vitamin B2: 0.07mg (4.19%), Potassium: 145.48mg (4.16%), Magnesium: 15.44mg (3.86%), Vitamin B3: 0.7mg (3.48%), Phosphorus: 26.34mg (2.63%), Selenium: 1.81µg (2.59%), Copper: 0.04mg (1.94%), Fiber: 0.47g (1.86%), Zinc: 0.25mg (1.68%), Vitamin B1: 0.02mg (1.15%), Vitamin E: 0.15mg (1.03%)