



Green Goddess Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



76 kcal

SIDE DISH

Ingredients

- ☐ 2 oz anchovies drained canned
- ☐ 0.5 cup lightly chervil fresh packed rinsed drained (tarragon; see notes)
- ☐ 1 tablespoon juice of lemon
- ☐ 1 cup regular mayonnaise sour reduced-fat (see notes)
- ☐ 1 cup lightly parsley packed rinsed drained
- ☐ 1 tablespoon shallots chopped
- ☐ 6 oz lightly spinach leaves packed rinsed drained
- ☐ 0.5 cup lightly tarragon leaves fresh packed rinsed drained

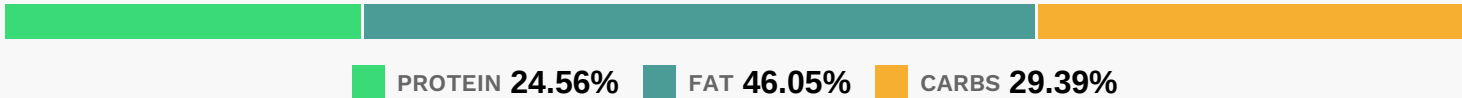
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ In a blender or food processor, combine mayonnaise, spinach leaves, parsley, tarragon leaves, chervil, lemon juice, shallot, and anchovies. Whirl until very smooth.
- ☐ Serve, or chill airtight up to 1 week.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:1.18, Inflammation Score:-9, Nutrition Score:15.333478186442%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 75.99kcal (3.8%), Fat: 4.18g (6.42%), Saturated Fat: 2.14g (13.38%), Carbohydrates: 6g (2%), Net Carbohydrates: 4.82g (1.75%), Sugar: 0.36g (0.4%), Cholesterol: 16.09mg (5.36%), Sodium: 308.41mg (13.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.02%), Vitamin K: 226.71µg (215.91%), Vitamin A: 2948.13IU (58.96%), Manganese: 0.5mg (25.02%), Vitamin C: 19.41mg (23.53%), Folate: 70.55µg (17.64%), Iron: 2.93mg (16.3%), Calcium: 146.29mg (14.63%), Potassium: 436.13mg (12.46%), Magnesium: 41.78mg (10.44%), Vitamin B3: 2.06mg (10.28%), Vitamin B2: 0.16mg (9.51%), Selenium: 6.55µg (9.36%), Vitamin B6: 0.16mg (8.24%), Phosphorus: 70.95mg (7.09%), Vitamin E: 0.81mg (5.42%), Zinc: 0.78mg (5.18%), Copper: 0.1mg (4.86%), Fiber: 1.17g (4.69%), Vitamin B1: 0.06mg (3.68%), Vitamin B12: 0.18µg (3.05%), Vitamin D: 0.18µg (1.19%), Vitamin B5: 0.11mg (1.14%)