



Green Goddess Dressing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



59 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons basil fresh packed chopped ()
- ☐ 2 tablespoons optional: dill fresh packed chopped ()
- ☐ 1 tablespoon mint leaves fresh packed chopped ()
- ☐ 2 tablespoons green onion chopped
- ☐ 0.3 cup mayonnaise light ()
- ☐ 0.3 teaspoon pepper sauce hot
- ☐ 0.8 cup nonfat yogurt plain ()
- ☐ 1 teaspoon red wine vinegar

☐ 1 cup watercress leaves packed ()

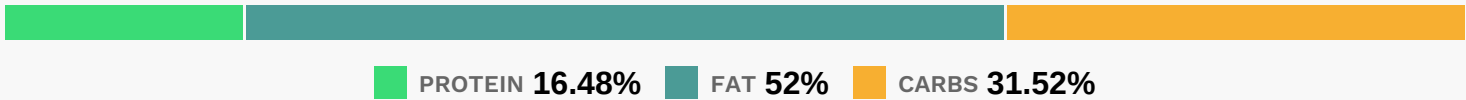
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Cook watercress in medium saucepan of boiling water 30 seconds.
- ☐ Drain. Rinse watercress under cold water.
- ☐ Drain again. Pat watercress dry with paper towels.
- ☐ Transfer watercress to blender.
- ☐ Add 3/4 cup plain nonfat yogurt and all remaining ingredients and puree until smooth, thinning with more yogurt or water, if desired.
- ☐ Transfer dressing to bowl. Season dressing to taste with salt and pepper. (Can be prepared 3 days ahead. Cover and refrigerate.)
- ☐ Per tablespoon: calories, 16; total fat, 1 g; saturated fat, 0.5 g; cholesterol, 1 mg
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:29.8, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:4.2699999809265%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin:

2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 58.8kcal (2.94%), Fat: 3.41g (5.25%), Saturated Fat: 0.56g (3.52%), Carbohydrates: 4.65g (1.55%), Net Carbohydrates: 4.46g (1.62%), Sugar: 3.43g (3.81%), Cholesterol: 3.12mg (1.04%), Sodium: 160.77mg (6.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.86%), Vitamin K: 33.39µg (31.8%), Calcium: 88.17mg (8.82%), Vitamin A: 351.29IU (7.03%), Phosphorus: 66.29mg (6.63%), Vitamin B2: 0.1mg (5.88%), Vitamin C: 4.46mg (5.4%), Potassium: 137.31mg (3.92%), Vitamin B12: 0.22µg (3.74%), Vitamin E: 0.41mg (2.77%), Vitamin B5: 0.27mg (2.73%), Zinc: 0.4mg (2.69%), Magnesium: 10.64mg (2.66%), Selenium: 1.79µg (2.56%), Manganese: 0.05mg (2.34%), Folate: 9.09µg (2.27%), Vitamin B1: 0.03mg (1.84%), Vitamin B6: 0.03mg (1.66%), Copper: 0.02mg (1.12%), Iron: 0.2mg (1.08%)