



Green Goddess Dressing



Gluten Free



Popular

READY IN



15 min.

SERVINGS



8

CALORIES



196 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons anchovy paste canned
- ☐ 1 small garlic clove minced
- ☐ 0.8 cup mayonnaise
- ☐ 0.8 cup cup heavy whipping cream sour
- ☐ 0.5 cup parsley chopped
- ☐ 0.3 cup tarragon chopped
- ☐ 3 Tbsp chives chopped
- ☐ 2 Tbsp juice of lemon

☐ 8 servings salt and pepper black to taste

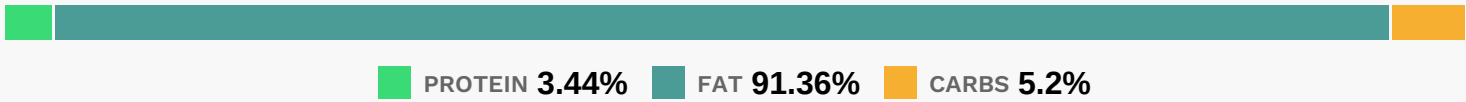
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ Put all of the ingredients in the bowl of a blender or food processor and blend or pulse until you get an evenly smooth dressing, about 30–45 seconds.
- ☐ Serve as a dip, or toss with salad greens for a dressing.
- ☐ The dressing should last about a week in the fridge.

Nutrition Facts



Properties

Glycemic Index:28.38, Glycemic Load:0.62, Inflammation Score:-5, Nutrition Score:7.596087028151%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 196.42kcal (9.82%), Fat: 20.2g (31.08%), Saturated Fat: 4.71g (29.41%), Carbohydrates: 2.59g (0.86%), Net Carbohydrates: 2.3g (0.84%), Sugar: 1.01g (1.12%), Cholesterol: 22.82mg (7.61%), Sodium: 392.1mg (17.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.42%), Vitamin K: 98.64µg (93.94%), Vitamin A: 580.65IU (11.61%), Vitamin C: 8.2mg (9.94%), Manganese: 0.15mg (7.49%), Vitamin E: 0.86mg (5.71%), Calcium: 52.32mg (5.23%), Iron: 0.9mg (5.03%), Vitamin B2: 0.07mg (4.29%), Folate: 14.55µg (3.64%), Selenium: 2.44µg (3.49%), Potassium: 116.96mg (3.34%), Phosphorus: 33.27mg (3.33%), Vitamin B6: 0.06mg (3.16%), Magnesium: 11.6mg (2.9%), Vitamin

B3: 0.52mg (2.62%), Zinc: 0.25mg (1.7%), Copper: 0.03mg (1.65%), Vitamin B5: 0.15mg (1.48%), Vitamin B12: 0.08μg (1.39%), Fiber: 0.29g (1.16%), Vitamin B1: 0.02mg (1.16%)