

Green with Envy Salad Dressing

 Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



78 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup apple sauce
- ☐ 1 tablespoon dijon mustard
- ☐ 1 teaspoon basil dried
- ☐ 0.5 cup parsley fresh chopped
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cumin
- ☐ 0.8 cup cup heavy whipping cream sour reduced-fat
- ☐ 1 tablespoon mayonnaise

- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 teaspoon pepper flakes red
- ☐ 0.3 teaspoon salt

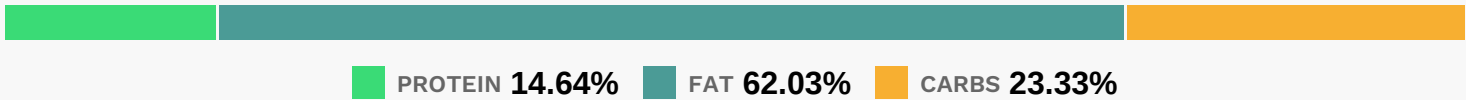
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Place applesauce, Dijon mustard, basil, red pepper flakes, cumin, salt, sour cream, parsley, Parmesan cheese, mayonnaise, and cinnamon in a food processor or blender. Blend until smooth. Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.05, Inflammation Score:-4, Nutrition Score:5.9391304721003%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 78.45kcal (3.92%), Fat: 5.55g (8.54%), Saturated Fat: 2.62g (16.38%), Carbohydrates: 4.7g (1.57%), Net Carbohydrates: 4.15g (1.51%), Sugar: 1.58g (1.75%), Cholesterol: 13.72mg (4.57%), Sodium: 238.7mg (10.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.89%), Vitamin K: 67.1µg (63.91%), Vitamin A: 525.9IU (10.52%), Calcium: 99.07mg (9.91%), Vitamin C: 5.36mg (6.5%), Phosphorus: 62.62mg (6.26%), Selenium: 3.65µg (5.22%), Iron: 0.67mg (3.72%), Vitamin B2: 0.06mg (3.64%), Zinc: 0.47mg (3.13%), Potassium: 105.22mg (3.01%), Vitamin B12: 0.18µg (2.95%), Manganese: 0.05mg (2.68%), Magnesium: 9.79mg (2.45%), Folate: 9.61µg (2.4%), Vitamin E: 0.33mg (2.21%), Fiber: 0.55g (2.2%), Vitamin B1: 0.02mg (1.57%), Vitamin B6: 0.03mg (1.32%), Copper: 0.02mg (1.24%)