



Healthified Creamy Caesar Dressing

 Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



47 kcal

SIDE DISH

Ingredients

- ☐ 1 fillet anchovy finely chopped
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup skim milk fat-free (skim)
- ☐ 1 small clove garlic finely chopped
- ☐ 2 teaspoons juice of lemon
- ☐ 0.3 cup mayonnaise reduced-fat
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.1 teaspoon pepper

- ☐ 0.3 cup cream fat-free sour
- ☐ 0.5 teaspoon worcestershire sauce

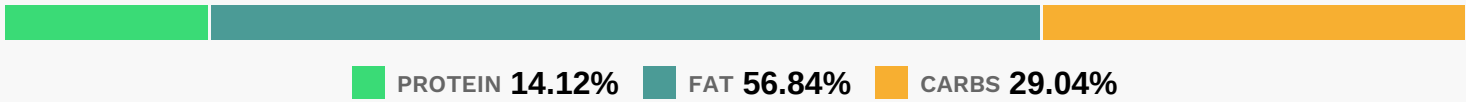
Equipment

- ☐ bowl

Directions

- ☐ In small bowl, mix ingredients until blended. Cover; refrigerate 1 hour to blend flavors. Store in refrigerator up to 2 days.

Nutrition Facts



Properties

Glycemic Index:15.91, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:1.5382608628791%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 47.3kcal (2.37%), Fat: 3g (4.62%), Saturated Fat: 0.82g (5.12%), Carbohydrates: 3.45g (1.15%), Net Carbohydrates: 3.41g (1.24%), Sugar: 0.84g (0.93%), Cholesterol: 5.6mg (1.87%), Sodium: 160.88mg (6.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.36%), Calcium: 52.69mg (5.27%), Vitamin K: 5.14µg (4.89%), Phosphorus: 41mg (4.1%), Selenium: 2.45µg (3.5%), Vitamin B2: 0.04mg (2.24%), Vitamin B12: 0.12µg (1.97%), Zinc: 0.24mg (1.62%), Vitamin E: 0.23mg (1.52%), Vitamin A: 74.89IU (1.5%), Potassium: 42.85mg (1.22%)