



## Hidden Cashew Ranch Dressing

 Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



12

CALORIES



32 kcal

SIDE DISH

### Ingredients

- 0.1 teaspoon pepper black freshly ground
- 1 tablespoon chia seeds
- 2 teaspoons chives raw snipped
- 1 tablespoon parsley fresh minced
- 1 clove garlic powder (or)
- 0.5 teaspoon granulated onion
- 2 tablespoons lemon zest fresh (more if using Meyer lemons)
- 1.3 cup non-dairy milk plain unsweetened (I used Westsoy)

0.3 cup cashew pieces raw (see note soaking)

0.3 teaspoon salt to taste (optional or )

## Equipment

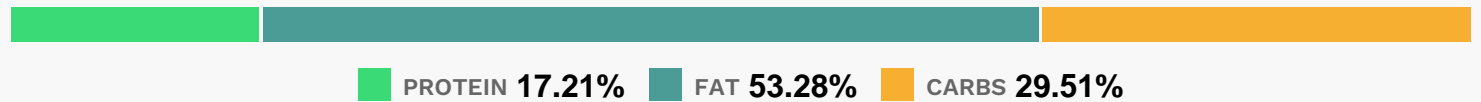
blender

## Directions

Place all ingredients except parsley and chives into blender and process on high until smooth.

Add parsley and chives and blend on low briefly to incorporate them. Check seasonings and add more as needed, but remember that the flavor will get stronger over time. Refrigerate for at least an hour to allow flavors to blend. Stir or shake before serving.

## Nutrition Facts



## Properties

Glycemic Index:16.51, Glycemic Load:0.48, Inflammation Score:-2, Nutrition Score:3.0795652062997%

## Flavonoids

Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 0.69mg, Hesperetin: 0.69mg, Hesperetin: 0.69mg, Hesperetin: 0.69mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 32.28kcal (1.61%), Fat: 1.99g (3.06%), Saturated Fat: 0.3g (1.85%), Carbohydrates: 2.48g (0.83%), Net Carbohydrates: 1.84g (0.67%), Sugar: 0.86g (0.95%), Cholesterol: 0mg (0%), Sodium: 61.58mg (2.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.89%), Vitamin K: 6.78µg (6.45%), Copper: 0.1mg (5.07%), Vitamin B3: 0.94mg (4.68%), Vitamin C: 3.67mg (4.44%), Vitamin B12: 0.27µg (4.43%), Vitamin E: 0.66mg (4.37%), Calcium: 43.48mg (4.35%), Manganese: 0.08mg (3.91%), Vitamin B6: 0.07mg (3.65%), Vitamin B2: 0.05mg (3.14%), Magnesium: 11.83mg (2.96%), Vitamin A: 133.14IU (2.66%), Phosphorus: 25.87mg (2.59%), Fiber: 0.64g (2.56%), Folate: 10.08µg (2.52%), Selenium: 1.7µg (2.42%), Iron: 0.43mg (2.36%), Vitamin B1: 0.04mg (2.33%), Vitamin D: 0.29µg (1.97%), Potassium: 64.31mg (1.84%), Zinc: 0.27mg (1.82%)