



Lemony Caesar Salad Dressing

 Gluten Free

READY IN



15 min.

SERVINGS



12

CALORIES



48 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 fillet anchovy
- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon dijon mustard
- ☐ 1 teaspoon mustard dry
- ☐ 1 cup extra olive oil light
- ☐ 3 cloves garlic peeled
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 cup juice of lemon fresh

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6 tablespoons parmesan cheese grated

Equipment

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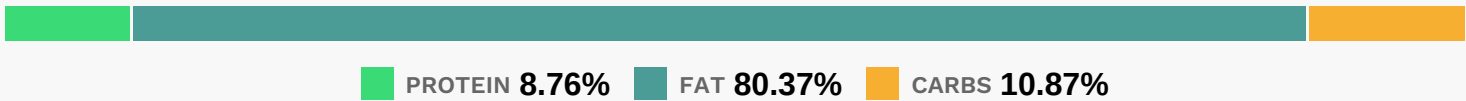
blender

Directions

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Place garlic, anchovies, Parmesan cheese, olive oil, lemon juice, Dijon mustard, dry mustard, kosher salt, and black pepper into a blender; cover and pulse several times to break up the garlic. Blend until dressing is smooth and creamy, about 1 minute.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:1.2647826276396%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 48.22kcal (2.41%), Fat: 4.45g (6.85%), Saturated Fat: 0.91g (5.67%), Carbohydrates: 1.36g (0.45%), Net Carbohydrates: 1.26g (0.46%), Sugar: 0.28g (0.31%), Cholesterol: 2.78mg (0.93%), Sodium: 146.6mg (6.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.18%), Vitamin C: 4.18mg (5.07%), Vitamin E: 0.56mg (3.75%), Calcium: 26.52mg (2.65%), Selenium: 1.85µg (2.64%), Vitamin K: 2.31µg (2.2%), Phosphorus: 21.45mg (2.14%), Manganese: 0.03mg (1.4%), Zinc: 0.15mg (1.02%)