



## Mexican White Sauce



Vegetarian



Gluten Free



Popular

READY IN



135 min.

SERVINGS



3

CALORIES



428 kcal

SAUCE

## Ingredients

- ☐ 1.5 teaspoons garlic powder
- ☐ 1.5 teaspoons ground cumin
- ☐ 0.8 cup milk
- ☐ 1.5 teaspoons oregano dried
- ☐ 0.5 tablespoon pepper flakes red crushed
- ☐ 2 cups creamy salad dressing
- ☐ 0.5 teaspoon salt

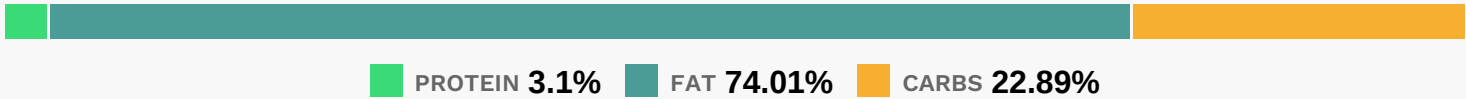
## Equipment

bowl

## Directions

Measure salad dressing into a medium bowl. Gradually stir in the milk. Season with red pepper flakes, cumin, salt, garlic powder, and oregano, and mix well. Cover and refrigerate for at least 2 hours to allow the flavors to blend. If you taste it right away, all you will taste is salad dressing.

## Nutrition Facts



## Properties

Glycemic Index:17.67, Glycemic Load:1.16, Inflammation Score:-8, Nutrition Score:10.620869649493%

## Nutrients (% of daily need)

Calories: 427.73kcal (21.39%), Fat: 35.48g (54.58%), Saturated Fat: 5.82g (36.4%), Carbohydrates: 24.69g (8.23%), Net Carbohydrates: 23.56g (8.57%), Sugar: 20.05g (22.28%), Cholesterol: 7.32mg (2.44%), Sodium: 1991.16mg (86.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.68%), Vitamin K: 95.6µg (91.05%), Vitamin E: 4.2mg (27.97%), Calcium: 126.5mg (12.65%), Vitamin A: 580.26IU (11.61%), Vitamin B6: 0.2mg (10.25%), Phosphorus: 101.79mg (10.18%), Iron: 1.76mg (9.76%), Manganese: 0.17mg (8.63%), Potassium: 297.55mg (8.5%), Selenium: 5.02µg (7.17%), Vitamin B2: 0.11mg (6.32%), Magnesium: 24.67mg (6.17%), Vitamin B1: 0.08mg (5.56%), Vitamin B12: 0.33µg (5.49%), Fiber: 1.13g (4.52%), Vitamin D: 0.67µg (4.47%), Zinc: 0.54mg (3.59%), Copper: 0.07mg (3.35%), Vitamin B3: 0.53mg (2.64%), Vitamin B5: 0.26mg (2.6%)