



Oregano-Feta Dressing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



119 kcal

SIDE DISH

Ingredients

- ☐ 3 ounces feta cheese reduced-fat crumbled
- ☐ 1 garlic clove
- ☐ 0.3 small bell pepper green chopped
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.3 cup nonfat buttermilk
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 teaspoon pepper freshly ground

☐ 2 tablespoons water

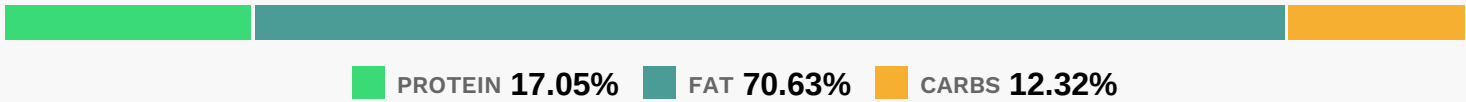
Equipment

☐ food processor

Directions

- ☐ Process first 7 ingredients in a food processor until smooth. Gradually add oil in a steady stream, processing until smooth.
- ☐ Add bell pepper, and pulse 3 seconds.
- ☐ * 3 ounces crumbled feta cheese may be substituted for reduced-fat cheese. 1 teaspoon chopped fresh oregano may be substitutes for dried.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.1, Inflammation Score:-3, Nutrition Score:1.5508695834357%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 118.56kcal (5.93%), Fat: 9.71g (14.94%), Saturated Fat: 2.5g (15.61%), Carbohydrates: 3.81g (1.27%), Net Carbohydrates: 3.54g (1.29%), Sugar: 1.91g (2.12%), Cholesterol: 11.69mg (3.9%), Sodium: 204.43mg (8.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.55%), Vitamin C: 8.49mg (10.29%), Vitamin E: 1.09mg (7.26%), Vitamin K: 6.33µg (6.03%), Manganese: 0.05mg (2.4%), Vitamin B6: 0.03mg (1.39%), Fiber: 0.27g (1.06%)