



Out of Salad Dressing' Salad Dressing



Gluten Free



Popular

READY IN



490 min.

SERVINGS



12

CALORIES



143 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

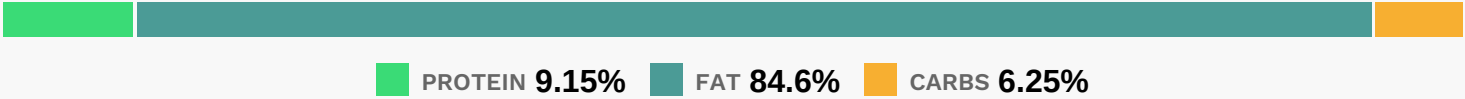
- ☐ 2 teaspoons garlic salt
- ☐ 1 juice of lemon juiced
- ☐ 0.8 cup mayonnaise
- ☐ 1 cup milk
- ☐ 1 cup parmesan cheese freshly grated

Equipment

Directions

☐ Mix together lemon juice, parmesan cheese, garlic salt, and mayonnaise until smooth. Stir in milk, adjusting the amount or adding a little water, to make the dressing as thin or thick as you like. Cover and refrigerate 8 hours, or overnight.

Nutrition Facts



Properties

Glycemic Index:7.33, Glycemic Load:0.4, Inflammation Score:-1, Nutrition Score:3.1482608939481%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 143.03kcal (7.15%), Fat: 13.46g (20.71%), Saturated Fat: 3.31g (20.68%), Carbohydrates: 2.24g (0.75%), Net Carbohydrates: 2.23g (0.81%), Sugar: 1.13g (1.25%), Cholesterol: 15.57mg (5.19%), Sodium: 630.06mg (27.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.55%), Vitamin K: 23.02µg (21.93%), Calcium: 100.19mg (10.02%), Phosphorus: 76.51mg (7.65%), Selenium: 3.63µg (5.18%), Vitamin B12: 0.24µg (3.98%), Vitamin B2: 0.06mg (3.52%), Vitamin E: 0.52mg (3.44%), Zinc: 0.47mg (3.12%), Vitamin A: 114.27IU (2.29%), Vitamin D: 0.29µg (1.96%), Potassium: 51.29mg (1.47%), Magnesium: 5.66mg (1.41%), Vitamin B5: 0.13mg (1.3%), Vitamin C: 0.97mg (1.17%), Vitamin B6: 0.02mg (1.07%), Vitamin B1: 0.02mg (1.04%)