



Parmesan Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



181 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup dressing italian with balsamic vinegar
- ☐ 0.5 cup mayonnaise
- ☐ 0.8 cup parmesan cheese grated
- ☐ 0.3 teaspoon cracked pepper
- ☐ 0.5 cup cup heavy whipping cream sour

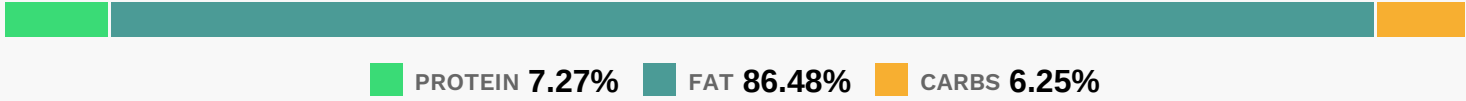
Equipment

- ☐ whisk

Directions

☐ Whisk together all ingredients until smooth.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:3.3265217683561%

Nutrients (% of daily need)

Calories: 180.91kcal (9.05%), Fat: 17.44g (26.83%), Saturated Fat: 4.76g (29.75%), Carbohydrates: 2.84g (0.95%), Net Carbohydrates: 2.82g (1.03%), Sugar: 1.37g (1.52%), Cholesterol: 22.52mg (7.51%), Sodium: 330.35mg (14.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.59%), Vitamin K: 27.41µg (26.1%), Calcium: 99.75mg (9.97%), Phosphorus: 74.5mg (7.45%), Selenium: 4.29µg (6.12%), Vitamin E: 0.72mg (4.82%), Vitamin A: 182.74IU (3.65%), Vitamin B2: 0.06mg (3.49%), Zinc: 0.48mg (3.2%), Vitamin B12: 0.17µg (2.89%), Magnesium: 5.33mg (1.33%), Potassium: 45.02mg (1.29%), Manganese: 0.02mg (1.04%), Vitamin B5: 0.1mg (1.04%)