



Pepper-Parmesan Dressing

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



100 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons pepper black freshly ground
- ☐ 0.8 cup lowfat buttermilk
- ☐ 2 cloves garlic minced
- ☐ 0.5 cup parmesan cheese grated
- ☐ 2 pinches salt
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 6 tablespoons citrus champagne vinegar

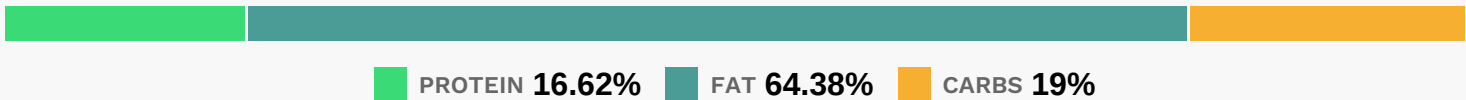
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Place sour cream, buttermilk, Parmesan, garlic, vinegar, pepper and salt into a blender or food processor and blend until well combined.
- ☐ Transfer to a container with a tight-fitting lid and refrigerate for at least one hour for best flavor. Note: Adjust amounts of salt and pepper to taste. If a thinner consistency is desired, add more buttermilk. To thicken, add equal parts of sour cream and parmesan.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.73, Inflammation Score:-2, Nutrition Score:3.832173899464%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 99.74kcal (4.99%), Fat: 7.1g (10.92%), Saturated Fat: 3.82g (23.87%), Carbohydrates: 4.72g (1.57%), Net Carbohydrates: 4.32g (1.57%), Sugar: 2.14g (2.38%), Cholesterol: 21.86mg (7.29%), Sodium: 314.14mg (13.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.25%), Calcium: 136.96mg (13.7%), Manganese: 0.23mg (11.28%), Phosphorus: 98mg (9.8%), Selenium: 4.95µg (7.07%), Vitamin B2: 0.12mg (6.84%), Vitamin A: 249.29IU (4.99%), Vitamin B12: 0.29µg (4.85%), Zinc: 0.57mg (3.82%), Potassium: 109.61mg (3.13%), Vitamin D: 0.43µg (2.88%), Vitamin K: 2.99µg (2.85%), Magnesium: 11.25mg (2.81%), Vitamin B5: 0.23mg (2.32%), Vitamin B6: 0.04mg (2.11%), Copper: 0.04mg (1.94%), Iron: 0.29mg (1.62%), Fiber: 0.4g (1.6%), Vitamin B1: 0.02mg (1.59%), Vitamin E: 0.15mg (1.02%)