



Senor Caesar Salad Dressing



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



16

CALORIES



36 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 fillet anchovy
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 teaspoon capers
- ☐ 1 teaspoon chipotle peppers pureed
- ☐ 1 teaspoon dijon mustard
- ☐ 8 cloves garlic
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 tablespoon mayonnaise

- ☐ 1 cup olive oil
- ☐ 2 drops pepper sauce hot to taste
- ☐ 2 tablespoons red wine vinegar
- ☐ 1 teaspoon worcestershire sauce

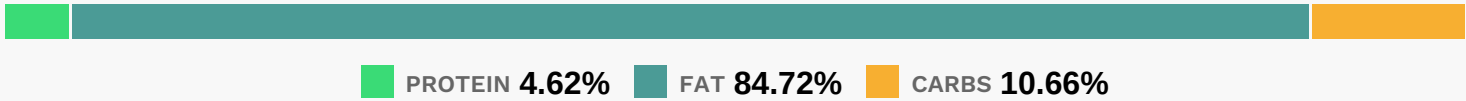
Equipment

- ☐ blender

Directions

- ☐ Blend anchovy fillets, garlic, lime juice, mayonnaise, Worcestershire sauce, Dijon mustard, black pepper, chipotle pepper, capers, and hot pepper sauce in a blender until smooth. Stream oil into the anchovy mixture while continuing to blend until the oil is fully emulsified into the mixture; repeat with the vinegar. Thin dressing with water if too thick.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:0.79086957977194%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 36.13kcal (1.81%), Fat: 3.45g (5.31%), Saturated Fat: 0.5g (3.12%), Carbohydrates: 0.98g (0.33%), Net Carbohydrates: 0.81g (0.29%), Sugar: 0.21g (0.23%), Cholesterol: 1.12mg (0.37%), Sodium: 22.7mg (0.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.85%), Vitamin K: 3.33µg (3.17%), Vitamin E: 0.43mg (2.88%), Manganese: 0.04mg (2.22%), Selenium: 0.81µg (1.15%), Vitamin C: 0.91mg (1.1%), Vitamin B6: 0.02mg (1.08%)