



Simple Caesar Salad Dressing

 Gluten Free

READY IN



5 min.

SERVINGS



8

CALORIES



21 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

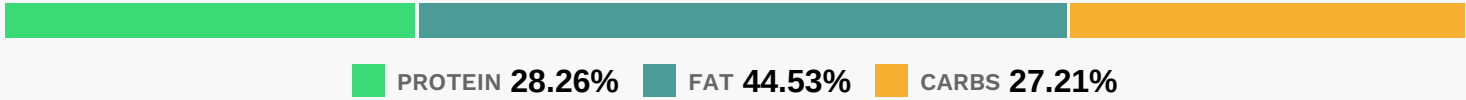
- ☐ 1 teaspoon garlic powder
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.3 cup juice of lemon
- ☐ 2.5 tablespoons mustard dijon-style prepared
- ☐ 0.3 cup parmesan cheese shredded
- ☐ 0.3 cup water
- ☐ 0.3 cup vinegar white

Equipment

Directions

☐ In a jar with a lid, combine lemon juice, vinegar, water, cheese, mustard, garlic powder and pepper. Cover and shake well. Refrigerate until ready to use.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:1.2447826224177%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 20.66kcal (1.03%), Fat: 0.99g (1.53%), Saturated Fat: 0.53g (3.32%), Carbohydrates: 1.37g (0.46%), Net Carbohydrates: 1.09g (0.39%), Sugar: 0.36g (0.4%), Cholesterol: 2.13mg (0.71%), Sodium: 102.67mg (4.46%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.42g (2.84%), Vitamin C: 3.96mg (4.8%), Calcium: 42.07mg (4.21%), Selenium: 2.45µg (3.5%), Phosphorus: 29.64mg (2.96%), Manganese: 0.04mg (1.94%), Magnesium: 4.84mg (1.21%), Fiber: 0.28g (1.13%)