



Tarragon–Crème Fraîche Salad Dressing

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



127 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 cup crème fraîche
- 2 tablespoons tarragon fresh finely chopped
- 2 teaspoons kosher salt
- 2 tablespoons juice of lemon freshly squeezed (from 1 medium lemon)
- 1 tablespoon lemon zest finely grated (from 2 medium lemons)

Equipment

- bowl

Directions

Place all of the ingredients in a small bowl and stir to combine. If not using immediately, cover and store in the refrigerator for up to 1 day.

Nutrition Facts

 PROTEIN **6.82%**  FAT **77.18%**  CARBS **16%**

Properties

Glycemic Index:25.5, Glycemic Load:1.08, Inflammation Score:-4, Nutrition Score:4.5930434517238%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 127.16kcal (6.36%), Fat: 11.44g (17.6%), Saturated Fat: 5.88g (36.75%), Carbohydrates: 5.34g (1.78%), Net Carbohydrates: 4.83g (1.76%), Sugar: 2.21g (2.46%), Cholesterol: 33.92mg (11.31%), Sodium: 1182.95mg (51.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.55%), Manganese: 0.32mg (16.05%), Calcium: 102.23mg (10.22%), Vitamin A: 507.79IU (10.16%), Vitamin C: 7.11mg (8.61%), Vitamin B2: 0.15mg (8.6%), Iron: 1.22mg (6.79%), Vitamin B6: 0.11mg (5.73%), Phosphorus: 55.83mg (5.58%), Potassium: 191.26mg (5.46%), Magnesium: 19.03mg (4.76%), Folate: 14.78µg (3.69%), Selenium: 2.31µg (3.31%), Zinc: 0.34mg (2.26%), Vitamin B5: 0.21mg (2.11%), Copper: 0.04mg (2.04%), Fiber: 0.5g (2.02%), Vitamin B12: 0.12µg (2.01%), Vitamin B3: 0.38mg (1.91%), Vitamin E: 0.24mg (1.57%), Vitamin B1: 0.02mg (1.55%), Vitamin K: 1.27µg (1.21%)