



## The Best Caesar Salad Dressing

 **Gluten Free**

READY IN



**490 min.**

SERVINGS



**10**

CALORIES



**174 kcal**

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 tablespoon anchovy paste
- 0.5 teaspoon parsley dried
- 0.3 cup egg substitute
- 3 cloves garlic finely chopped
- 10 servings salt and ground pepper black to taste
- 1.5 tablespoons juice of lemon
- 1 cup mayonnaise
- 0.3 cup parmesan cheese freshly grated

- 2 tablespoons water
- 2 teaspoons sugar white

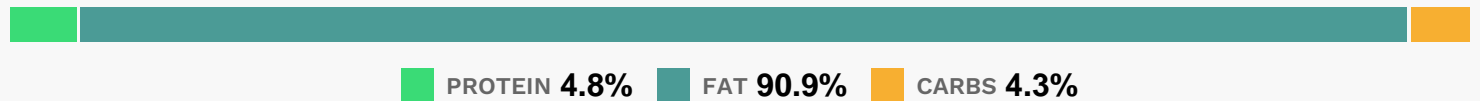
## Equipment

- blender

## Directions

- Blend mayonnaise, egg substitute, Parmesan cheese, water, garlic, lemon juice, anchovy paste, sugar, parsley, salt, and pepper in a blender until smooth, about 1 minute.
- Transfer dressing to an airtight container and refrigerate 8 hours to overnight.

## Nutrition Facts



## Properties

Glycemic Index:18.21, Glycemic Load:0.72, Inflammation Score:-1, Nutrition Score:3.3604348878498%

## Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 174.27kcal (8.71%), Fat: 17.63g (27.12%), Saturated Fat: 3.05g (19.04%), Carbohydrates: 1.87g (0.62%), Net Carbohydrates: 1.82g (0.66%), Sugar: 1.1g (1.24%), Cholesterol: 12.94mg (4.31%), Sodium: 257.03mg (11.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.19%), Vitamin K: 37.01µg (35.24%), Selenium: 5.1µg (7.28%), Vitamin E: 0.9mg (6.01%), Calcium: 34.35mg (3.43%), Phosphorus: 30.64mg (3.06%), Vitamin B2: 0.04mg (2.57%), Manganese: 0.03mg (1.71%), Vitamin B5: 0.17mg (1.71%), Zinc: 0.25mg (1.69%), Vitamin B3: 0.34mg (1.69%), Vitamin B12: 0.1µg (1.59%), Iron: 0.28mg (1.55%), Vitamin C: 1.19mg (1.44%), Vitamin B6: 0.03mg (1.38%), Vitamin D: 0.18µg (1.2%), Potassium: 37.97mg (1.08%), Vitamin A: 51.19IU (1.02%)