



Healthdor

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Parmesan Dressing ^{♦♦}

A creamy and flavorful dressing made with Parmesan cheese. Perfect for salads and sandwiches.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 100 grams

Number of Servings: 4

Serving Size: 25 g

Ingredients

50 g	Parmesan Cheese
100 g	mayonnaise
2 tsp	Lemon juice
1 tsp	Garlic powder
0.5 tsp	Salt
0.5 tsp	Black pepper

Directions

Step 1

Grating

Grate the Parmesan cheese.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a bowl, combine the grated Parmesan cheese, mayonnaise, lemon juice, garlic powder, salt, and black pepper. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 15 g

Protein: 3 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	0 g	0%	0%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	15 g	53.57%	60%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	100 mg	10%	10%
Iron	1 mg	12.5%	5.56%
Potassium	50 mg	1.47%	1.92%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Cuisines

Italian

Course

Appetizers

Sauces & Dressings

Cultural

Diwali

Cost

Under \$10

\$10 to \$20

\$20 to \$30

Demographics

Pregnancy Safe

Lactation Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Paleo Diet

Atkins Diet

Vegetarian Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Meal Type

Lunch

Snack

Difficulty Level

Medium

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