



Buttermilk-Chive Dressing



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



177 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup buttermilk
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon green onion minced
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt

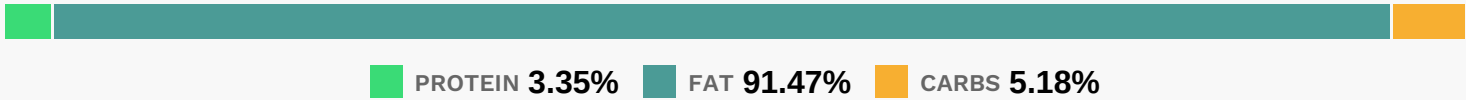
Equipment

whisk

Directions

Whisk together all ingredients. Cover; chill until ready to use.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:0.7, Inflammation Score:-1, Nutrition Score:3.6991304327612%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 176.53kcal (8.83%), Fat: 17.96g (27.64%), Saturated Fat: 3.31g (20.68%), Carbohydrates: 2.29g (0.76%), Net Carbohydrates: 2.19g (0.8%), Sugar: 1.94g (2.16%), Cholesterol: 13.37mg (4.46%), Sodium: 412.94mg (17.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.96%), Vitamin K: 41.83µg (39.84%), Vitamin E: 0.77mg (5.14%), Calcium: 46.83mg (4.68%), Vitamin B2: 0.07mg (4.08%), Phosphorus: 37.52mg (3.75%), Vitamin D: 0.51µg (3.42%), Vitamin B12: 0.19µg (3.21%), Selenium: 1.96µg (2.79%), Vitamin A: 138.76IU (2.78%), Vitamin B5: 0.19mg (1.85%), Potassium: 63.73mg (1.82%), Manganese: 0.03mg (1.64%), Vitamin B1: 0.02mg (1.47%), Vitamin C: 1.11mg (1.35%), Zinc: 0.19mg (1.27%), Folate: 4.98µg (1.25%), Vitamin B6: 0.02mg (1.24%), Magnesium: 4.89mg (1.22%)