



Buttermilk-Coconut Dressing



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



33 kcal

SIDE DISH

Ingredients

- ☐ 0.7 cup buttermilk
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 1 tablespoon tarragon fresh finely chopped
- ☐ 1 garlic clove
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 tablespoon coconut or sweetened flaked

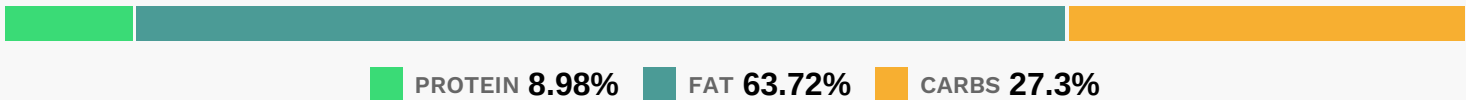
Equipment

- ☐ knife
- ☐ whisk
- ☐ cutting board

Directions

- ☐ Peel garlic clove.
- ☐ Place garlic clove and salt on a cutting board, and smash garlic and salt together using flat side of a knife to make a paste.
- ☐ Whisk together garlic mixture, buttermilk, and remaining ingredients until blended. Cover and chill dressing until ready to use.

Nutrition Facts



Properties

Glycemic Index:16.3, Glycemic Load:0.49, Inflammation Score:-1, Nutrition Score:1.3726086784964%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 32.55kcal (1.63%), Fat: 2.4g (3.69%), Saturated Fat: 0.9g (5.64%), Carbohydrates: 2.31g (0.77%), Net Carbohydrates: 2.07g (0.75%), Sugar: 1.38g (1.53%), Cholesterol: 1.76mg (0.59%), Sodium: 254.16mg (11.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.52%), Manganese: 0.09mg (4.47%), Calcium: 28.1mg (2.81%), Vitamin B2: 0.04mg (2.24%), Phosphorus: 18.31mg (1.83%), Vitamin C: 1.34mg (1.63%), Iron: 0.28mg (1.56%), Potassium: 54.18mg (1.55%), Vitamin E: 0.22mg (1.47%), Vitamin B6: 0.03mg (1.41%), Vitamin D: 0.21µg (1.39%), Magnesium: 5.28mg (1.32%), Selenium: 0.91µg (1.3%), Vitamin B12: 0.07µg (1.23%), Vitamin A: 57.87IU (1.16%), Vitamin K: 1.08µg (1.03%)