



## Buttermilk-Dillweed Dressing

 Vegetarian  Gluten Free

READY IN



3 min.

SERVINGS



3

CALORIES



61 kcal

SIDE DISH

### Ingredients

- 1 teaspoon dillweed dried
- 0.3 teaspoon ground pepper
- 1 tablespoon juice of lemon
- 1 cup nonfat buttermilk
- 0.5 cup nonfat cream sour
- 0.5 teaspoon salt

### Equipment

- bowl

whisk

## Directions

Combine all ingredients in a medium bowl; stir with a wire whisk until smooth. Store in refrigerator.

Serve with tossed salad greens, tuna, or vegetable salads.

## Nutrition Facts



**PROTEIN 27.92%** **FAT 0.47%** **CARBS 71.61%**

## Properties

Glycemic Index:10.67, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.6252173915829%

## Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 60.7kcal (3.03%), Fat: 0.03g (0.05%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 10.89g (3.63%), Net Carbohydrates: 10.79g (3.92%), Sugar: 4.22g (4.69%), Cholesterol: 5.03mg (1.68%), Sodium: 514.96mg (22.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.49%), Calcium: 65.39mg (6.54%), Phosphorus: 38.89mg (3.89%), Vitamin C: 3.05mg (3.69%), Vitamin B2: 0.06mg (3.5%), Selenium: 2.05µg (2.92%), Vitamin A: 118.46IU (2.37%), Potassium: 67.92mg (1.94%), Vitamin B12: 0.12µg (1.92%), Manganese: 0.04mg (1.8%), Magnesium: 5.93mg (1.48%), Zinc: 0.21mg (1.39%), Folate: 5.24µg (1.31%), Vitamin B1: 0.02mg (1.21%), Iron: 0.19mg (1.03%)