



Buttermilk-Garlic Dressing

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



54 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup buttermilk
- ☐ 1 garlic clove pressed
- ☐ 2 tablespoons mayonnaise
- ☐ 5 servings salt and pepper to taste

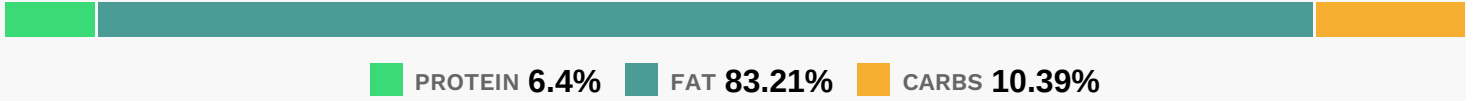
Equipment

- ☐ whisk

Directions

☐ Whisk together all ingredients. Cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:22.2, Glycemic Load:0.43, Inflammation Score:-1, Nutrition Score:1.3691304593307%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 53.85kcal (2.69%), Fat: 4.99g (7.67%), Saturated Fat: 1.11g (6.95%), Carbohydrates: 1.4g (0.47%), Net Carbohydrates: 1.39g (0.51%), Sugar: 1.21g (1.34%), Cholesterol: 4.99mg (1.66%), Sodium: 254.65mg (11.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.72%), Vitamin K: 9.21µg (8.77%), Calcium: 29.25mg (2.93%), Vitamin B2: 0.04mg (2.53%), Phosphorus: 22.49mg (2.25%), Vitamin D: 0.32µg (2.15%), Vitamin B12: 0.12µg (1.95%), Selenium: 1.1µg (1.58%), Vitamin E: 0.2mg (1.34%), Vitamin B5: 0.1mg (1.04%), Potassium: 35.97mg (1.03%)