



Buttermilk Green Goddess Dressing

 Gluten Free

READY IN



10 min.

SERVINGS



32

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup mayonnaise
- 0.5 cup buttermilk
- 0.5 cup parsley fresh italian finely chopped (flat-leaf)
- 0.3 cup chives fresh finely chopped
- 0.3 cup tarragon fresh finely chopped
- 2 tablespoons juice of lemon
- 2 teaspoons anchovy paste
- 1 teaspoon garlic finely chopped

1 serving salt and pepper to taste

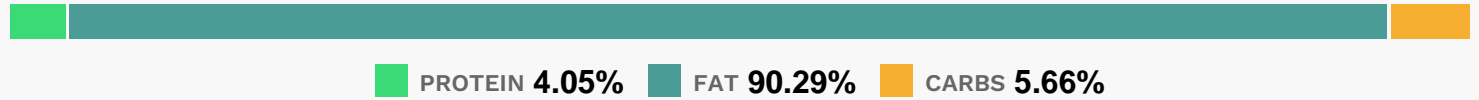
Equipment

Directions

In 3-cup or larger jar with tight-fitting lid, place all ingredients. Seal jar; shake vigorously until ingredients are well combined.

Pour dressing over your favorite salad. Store in refrigerator up to 1 week.

Nutrition Facts



Properties

Glycemic Index:8.06, Glycemic Load:0.21, Inflammation Score:-1, Nutrition Score:1.8599999896858%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 40.77kcal (2.04%), Fat: 4.13g (6.35%), Saturated Fat: 0.7g (4.4%), Carbohydrates: 0.58g (0.19%), Net Carbohydrates: 0.51g (0.18%), Sugar: 0.25g (0.28%), Cholesterol: 2.94mg (0.98%), Sodium: 57.9mg (2.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.83%), Vitamin K: 24.66µg (23.48%), Vitamin C: 2.02mg (2.45%), Vitamin A: 119.13IU (2.38%), Manganese: 0.04mg (1.85%), Vitamin E: 0.2mg (1.31%), Iron: 0.22mg (1.24%), Calcium: 11.95mg (1.2%)