



Buttermilk Green Goddess Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



215 kcal

SIDE DISH

Ingredients

- 2 fillet anchovy packed in oil (drained, chopped)
- 4 servings pepper black freshly ground
- 0.3 cup buttermilk
- 0.3 cup flat parsley coarsely chopped
- 0.3 cup chives fresh chopped
- 1 tablespoon tarragon fresh chopped
- 1 garlic clove chopped
- 4 servings kosher salt

1 tablespoon juice of lemon fresh

0.5 cup mayonnaise

Equipment

Directions

In a processor, purée 1/2 cup mayonnaise, 1/3 cup buttermilk, 1/4 cup chopped fresh chives, 1/4 cup coarsely chopped flat-leaf parsley, 1 tablespoon chopped fresh tarragon, 1 tablespoon fresh lemon juice, 2 anchovy fillets packed in oil (drained, chopped), and 1 chopped garlic clove until smooth. Season with kosher salt and freshly ground black pepper. DO AHEAD: Can be made 2 hours ahead. Cover and chill.

Nutrition Facts

 **PROTEIN 3.66%**  **FAT 90.93%**  **CARBS 5.41%**

Properties

Glycemic Index:72.5, Glycemic Load:1.05, Inflammation Score:-5, Nutrition Score:8.3069565140683%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 214.88kcal (10.74%), Fat: 21.89g (33.68%), Saturated Fat: 3.73g (23.29%), Carbohydrates: 2.93g (0.98%), Net Carbohydrates: 2.56g (0.93%), Sugar: 1.32g (1.46%), Cholesterol: 15.16mg (5.05%), Sodium: 398.11mg (17.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.96%), Vitamin K: 112.7µg (107.34%), Vitamin A: 551.26IU (11.03%), Vitamin C: 9mg (10.91%), Manganese: 0.19mg (9.26%), Vitamin E: 0.98mg (6.56%), Calcium: 57.73mg (5.77%), Iron: 0.99mg (5.53%), Vitamin B2: 0.08mg (4.49%), Folate: 16.49µg (4.12%), Phosphorus: 37.07mg (3.71%), Potassium: 129.52mg (3.7%), Vitamin B6: 0.07mg (3.63%), Selenium: 2.33µg (3.33%), Magnesium: 12.69mg (3.17%), Vitamin B3: 0.53mg (2.65%), Vitamin B12: 0.14µg (2.3%), Vitamin D: 0.32µg (2.11%), Copper: 0.04mg (2.01%), Zinc: 0.29mg (1.91%), Vitamin B5: 0.17mg (1.71%), Vitamin B1: 0.03mg (1.69%), Fiber: 0.37g (1.47%)