



Buttermilk Herb Dressing



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



169 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup buttermilk
- ☐ 1 tablespoon chives chopped
- ☐ 1 tablespoon apple cider vinegar
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 1 small clove garlic minced
- ☐ 0.3 cup mayonnaise
- ☐ 2 tablespoons olive oil

☐ 5 servings salt and pepper

Equipment

☐ bowl

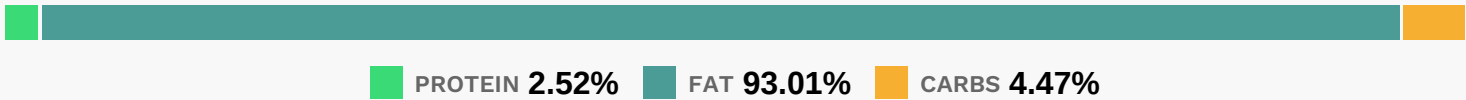
☐ whisk

Directions

☐ In a bowl, whisk together buttermilk, mayonnaise and olive oil vigorously until smooth.

☐ Whisk in vinegar, parsley, thyme, chives and garlic. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:54.6, Glycemic Load:0.55, Inflammation Score:-8, Nutrition Score:3.8856522039227%

Flavonoids

Apigenin: 1.76mg, Apigenin: 1.76mg, Apigenin: 1.76mg, Apigenin: 1.76mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 169.34kcal (8.47%), Fat: 17.6g (27.08%), Saturated Fat: 2.98g (18.66%), Carbohydrates: 1.9g (0.63%), Net Carbohydrates: 1.65g (0.6%), Sugar: 1.29g (1.44%), Cholesterol: 8.91mg (2.97%), Sodium: 314.77mg (13.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.15%), Vitamin K: 42.19µg (40.18%), Vitamin E: 1.32mg (8.81%), Vitamin C: 3.84mg (4.66%), Vitamin A: 209.38IU (4.19%), Calcium: 37.59mg (3.76%), Vitamin B2: 0.05mg (3.11%), Phosphorus: 26.99mg (2.7%), Manganese: 0.05mg (2.38%), Vitamin D: 0.34µg (2.28%), Iron: 0.39mg (2.17%), Vitamin B12: 0.13µg (2.14%), Selenium: 1.33µg (1.89%), Potassium: 54.81mg (1.57%), Magnesium: 5.75mg (1.44%), Vitamin B5: 0.13mg (1.31%), Vitamin B6: 0.02mg (1.18%), Folate: 4.44µg (1.11%), Zinc: 0.16mg (1.06%), Vitamin B1: 0.02mg (1.05%), Copper: 0.02mg (1.05%)