



Buttermilk-Herb Vinaigrette

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



147 kcal

SIDE DISH

Ingredients

- 0.3 cup buttermilk
- 2 tablespoons citrus champagne vinegar
- 0.5 teaspoon coarse salt
- 0.3 teaspoon pepper
- 2 tablespoons olive oil extra virgin extra-virgin
- 0.3 cup chives fresh chopped
- 0.5 teaspoon marjoram chopped

Equipment

bowl

whisk

Directions

Whisk together buttermilk, vinegar, salt, and pepper in a bowl to combine. Slowly whisk in oil and herbs.

Nutrition Facts



PROTEIN 3.15% **FAT 91.71%** **CARBS 5.14%**

Properties

Glycemic Index:54, Glycemic Load:0.53, Inflammation Score:-2, Nutrition Score:3.2673913421838%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 147.41kcal (7.37%), Fat: 15.04g (23.14%), Saturated Fat: 2.51g (15.71%), Carbohydrates: 1.9g (0.63%), Net Carbohydrates: 1.7g (0.62%), Sugar: 1.56g (1.73%), Cholesterol: 3.3mg (1.1%), Sodium: 614.57mg (26.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.32%), Vitamin K: 19.73µg (18.79%), Vitamin E: 2.05mg (13.67%), Vitamin A: 270.53IU (5.41%), Calcium: 42.1mg (4.21%), Vitamin C: 2.99mg (3.63%), Vitamin B2: 0.06mg (3.4%), Manganese: 0.06mg (3.07%), Phosphorus: 30.07mg (3.01%), Vitamin D: 0.39µg (2.6%), Vitamin B12: 0.14µg (2.3%), Potassium: 65.11mg (1.86%), Folate: 6.86µg (1.72%), Selenium: 1.17µg (1.67%), Iron: 0.28mg (1.58%), Magnesium: 6.23mg (1.56%), Vitamin B5: 0.13mg (1.34%), Vitamin B1: 0.02mg (1.22%), Copper: 0.02mg (1.05%), Zinc: 0.15mg (1.01%)