



## Buttermilk-Honey Dressing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



101 kcal

SIDE DISH

### Ingredients

- 0.3 cup buttermilk
- 0.3 cup chives fresh chopped
- 0.3 cup honey
- 2 tablespoons juice of lemon
- 0.5 teaspoon pepper

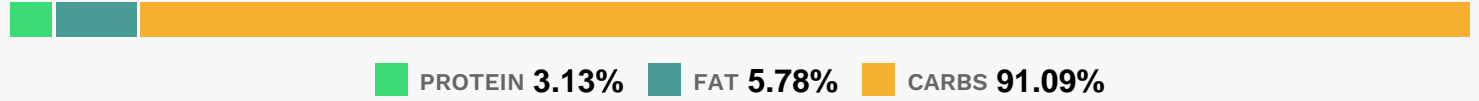
### Equipment

- bowl
- whisk

# Directions

Combine all ingredients in a small bowl, stirring well with a wire whisk.

# Nutrition Facts



## Properties

Glycemic Index:40.07, Glycemic Load:12.49, Inflammation Score:-1, Nutrition Score:1.8182608472264%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 101.31kcal (5.07%), Fat: 0.71g (1.09%), Saturated Fat: 0.39g (2.44%), Carbohydrates: 25.04g (8.35%), Net Carbohydrates: 24.84g (9.03%), Sugar: 24.41g (27.12%), Cholesterol: 2.2mg (0.73%), Sodium: 22.33mg (0.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.72%), Vitamin K: 5.79µg (5.52%), Vitamin C: 4.5mg (5.45%), Manganese: 0.07mg (3.28%), Vitamin B2: 0.05mg (2.92%), Vitamin A: 143.64IU (2.87%), Calcium: 28.55mg (2.86%), Phosphorus: 20.58mg (2.06%), Vitamin D: 0.26µg (1.73%), Potassium: 60.14mg (1.72%), Vitamin B12: 0.09µg (1.53%), Selenium: 1.01µg (1.44%), Folate: 5.73µg (1.43%), Copper: 0.02mg (1.18%), Vitamin B5: 0.12mg (1.17%), Magnesium: 4.49mg (1.12%), Iron: 0.19mg (1.08%), Vitamin B6: 0.02mg (1.08%), Zinc: 0.16mg (1.06%)