

What She Ate

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Buttermilk Ranch Dressing with Bibb Lettuce



Vegetarian



Gluten Free

READY IN

ready

70 min.

SERVINGS

servings

3

CALORIES

calories

687 kcal

SIDE DISH

Ingredients



3 small bibb lettuces cut in half through the core



1 teaspoon pepper black freshly ground



0.5 cup buttermilk



5.5 tablespoons dijon mustard



0.5 cup basil leaves fresh packed chopped



2 garlic cloves chopped



2.5 teaspoons kosher salt



2 tablespoons juice of lemon freshly squeezed

- ☐ 1 cup mayonnaise good
- ☐ 1 tablespoon olive oil good
- ☐ 1 onion red sliced
- ☐ 3 servings salad greens for 6
- ☐ 3 scallions white green chopped
- ☐ 2 large tomatoes ripe sliced
- ☐ 0.5 cup yogurt such as fage total greek-style

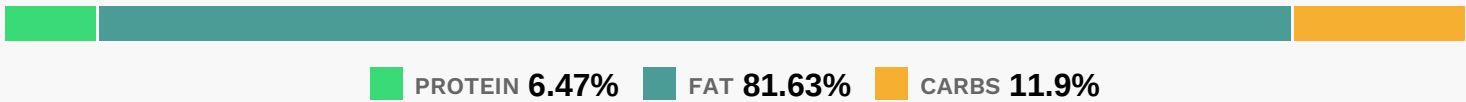
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the scallions, basil, lemon juice, mustard, olive oil, garlic, salt, and pepper in the bowl of a food processor fitted with the steel blade. Puree for 15 to 20 seconds to make a smooth mixture.
- ☐ Add the mayonnaise, yogurt, and buttermilk and blend until smooth.
- ☐ Transfer the dressing to a container, cover, and refrigerate for 1 hour for the flavors to develop.
- ☐ Arrange the lettuce, tomatoes, and onion artfully on salad plates and drizzle with the dressing.
- ☐ Sprinkle with salt and pepper and serve.
- ☐ Cook's Note: Ina substituted Boston lettuce for Bibb lettuce when taping this episode.

Nutrition Facts



Properties

Glycemic Index:114, Glycemic Load:3.38, Inflammation Score:-10, Nutrition Score:27.948695763298%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 13.95mg, Quercetin: 13.95mg, Quercetin: 13.95mg, Quercetin: 13.95mg

Nutrients (% of daily need)

Calories: 686.61kcal (34.33%), Fat: 63.66g (97.94%), Saturated Fat: 10.37g (64.79%), Carbohydrates: 20.88g (6.96%), Net Carbohydrates: 15.21g (5.53%), Sugar: 10.7g (11.89%), Cholesterol: 37.43mg (12.48%), Sodium: 2797.36mg (121.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.35g (22.7%), Vitamin K: 344.09µg (327.71%), Vitamin A: 7334.86IU (146.7%), Vitamin C: 42.23mg (51.18%), Folate: 181.52µg (45.38%), Manganese: 0.85mg (42.52%), Potassium: 1027.56mg (29.36%), Vitamin E: 4.33mg (28.84%), Selenium: 17.58µg (25.12%), Phosphorus: 245.45mg (24.55%), Fiber: 5.67g (22.69%), Vitamin B2: 0.37mg (21.55%), Calcium: 213.26mg (21.33%), Iron: 3.76mg (20.89%), Vitamin B6: 0.41mg (20.61%), Magnesium: 71.47mg (17.87%), Vitamin B1: 0.27mg (17.82%), Copper: 0.23mg (11.27%), Vitamin B3: 1.96mg (9.78%), Vitamin B5: 0.97mg (9.71%), Zinc: 1.42mg (9.44%), Vitamin B12: 0.51µg (8.45%), Vitamin D: 0.67µg (4.46%)