



Cherry Tomato Salad With Buttermilk-Basil Dressing

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



94 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.7 cup buttermilk
- ☐ 3 tablespoons basil leaves fresh thinly sliced
- ☐ 2 cloves garlic minced
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 1 shallots minced
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 6 cups cherry tomatoes red yellow halved

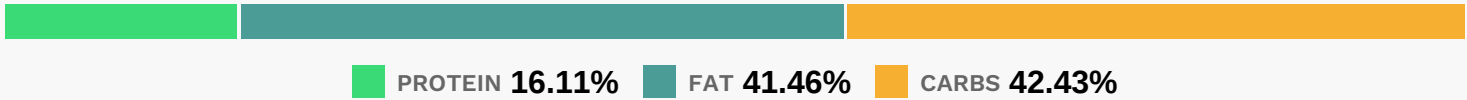
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Put the cherry tomatoes in a large serving bowl. Season with salt and pepper and toss.
- ☐ In another bowl, whisk the buttermilk, sour cream, basil, shallot and garlic. Season with pepper.
- ☐ Drizzle the dressing over the tomatoes and toss.
- ☐ Photograph by Kat Teutsch

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:1.01, Inflammation Score:-5, Nutrition Score:9.369130536266%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 93.87kcal (4.69%), Fat: 4.72g (7.26%), Saturated Fat: 2.3g (14.35%), Carbohydrates: 10.86g (3.62%), Net Carbohydrates: 9.04g (3.29%), Sugar: 2.95g (3.28%), Cholesterol: 12.88mg (4.29%), Sodium: 292.72mg (12.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.25%), Vitamin C: 21.48mg (26.04%), Potassium: 679.95mg (19.43%), Folate: 73.1µg (18.28%), Manganese: 0.33mg (16.62%), Vitamin B3: 2.72mg (13.6%), Phosphorus: 132.27mg (13.23%), Copper: 0.25mg (12.71%), Vitamin B2: 0.2mg (11.88%), Vitamin B6: 0.19mg (9.4%), Calcium: 92.91mg (9.29%), Magnesium: 34.91mg (8.73%), Vitamin B1: 0.12mg (8.04%), Fiber: 1.82g (7.28%), Iron: 1.27mg (7.04%), Vitamin K: 6.64µg (6.32%), Zinc: 0.88mg (5.87%), Vitamin B5: 0.48mg (4.76%), Vitamin A: 235.07IU (4.7%), Selenium: 3.2µg (4.57%), Vitamin B12: 0.21µg (3.57%), Vitamin D: 0.52µg (3.47%)