



Chopped Vegetable Salad with Buttermilk Dressing

 Gluten Free

READY IN



9 min.

SERVINGS



4

CALORIES



51 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup celery chopped
- ☐ 1 cup cucumber chopped
- ☐ 2 tablespoons mayonnaise fat-free
- ☐ 3 cups iceberg lettuce coarsely chopped
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.3 cup buttermilk low-fat

- ☐ 2 tablespoons parmesan cheese grated
- ☐ 1 cup plum tomatoes chopped
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons cup heavy whipping cream fat-free sour

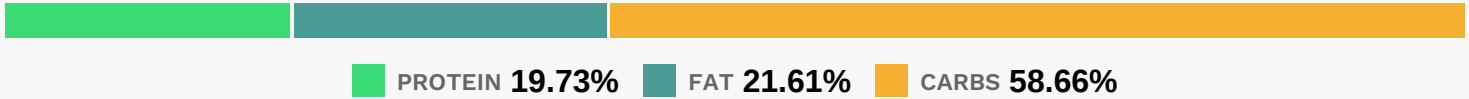
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 7 ingredients in a medium bowl; stir with a whisk.
- ☐ Combine lettuce and remaining 3 ingredients in a large bowl; add buttermilk dressing, and toss well.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:1.03, Inflammation Score:-6, Nutrition Score:6.1917391322229%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 50.51kcal (2.53%), Fat: 1.31g (2.02%), Saturated Fat: 0.56g (3.52%), Carbohydrates: 8.03g (2.68%), Net Carbohydrates: 6.17g (2.24%), Sugar: 4.66g (5.18%), Cholesterol: 3.94mg (1.32%), Sodium: 289.02mg (12.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.4%), Vitamin K: 23.92µg (22.78%), Vitamin A: 860.79IU (17.22%), Vitamin C: 11.51mg (13.95%), Manganese: 0.19mg (9.31%), Potassium: 319.35mg (9.12%), Folate: 33.29µg

(8.32%), Fiber: 1.86g (7.44%), Calcium: 70.95mg (7.1%), Phosphorus: 69.04mg (6.9%), Vitamin B6: 0.1mg (5.04%), Magnesium: 18.53mg (4.63%), Vitamin B2: 0.08mg (4.63%), Vitamin B1: 0.06mg (4.28%), Copper: 0.08mg (4.06%), Vitamin E: 0.47mg (3.13%), Zinc: 0.45mg (3.02%), Iron: 0.51mg (2.82%), Vitamin B5: 0.25mg (2.5%), Vitamin B3: 0.47mg (2.34%), Selenium: 1.63µg (2.33%), Vitamin B12: 0.08µg (1.41%)