



Creamy Dill Dressing



Vegetarian



Gluten Free

READY IN



4 min.

SERVINGS



8

CALORIES



40 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup mayonnaise low-fat
- ☐ 0.5 cup nonfat buttermilk

Equipment

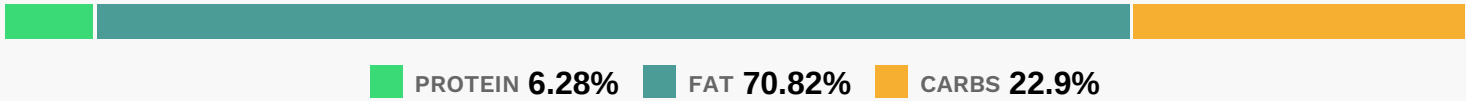
- ☐ bowl

whisk

Directions

- Combine all ingredients in a medium bowl, stirring well with a whisk.
- flavorful combinations Low-fat mayonnaise, nonfat buttermilk, fresh dill, and fresh lemon juice form the base for superfast homemade Creamy Dill Dressing. Make extra to keep on hand to drizzle over side salads or serve as a vegetable dip. We recommend using fresh dill, but in a pinch, you can substitute 1 teaspoon of dried dill.

Nutrition Facts



Properties

Glycemic Index:5.88, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.60217391740045%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 39.53kcal (1.98%), Fat: 3.12g (4.79%), Saturated Fat: 0.48g (3.03%), Carbohydrates: 2.27g (0.76%), Net Carbohydrates: 2.24g (0.82%), Sugar: 1.29g (1.43%), Cholesterol: 2.54mg (0.85%), Sodium: 202.12mg (8.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.24%), Vitamin K: 7.62µg (7.26%), Vitamin E: 0.31mg (2.07%), Vitamin C: 0.95mg (1.15%)