



Creamy Lemon-Garlic Dressing

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



39 kcal

SIDE DISH

Ingredients

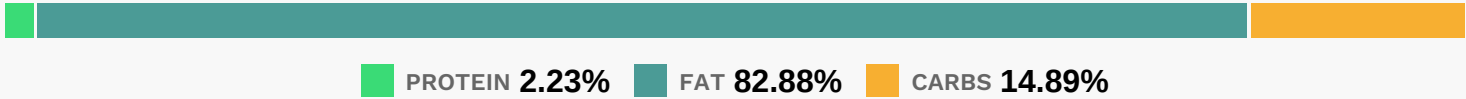
- ☐ 0.3 cup buttermilk
- ☐ 0.3 cup lemon-garlic mayonnaise
- ☐ 1 pinch salt

Equipment

Directions

- ☐ Stir together all ingredients.

Nutrition Facts



Properties

Glycemic Index:3.1, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:0.20130434778074%

Nutrients (% of daily need)

Calories: 38.56kcal (1.93%), Fat: 3.19g (4.9%), Saturated Fat: 0.61g (3.83%), Carbohydrates: 1.29g (0.43%), Net Carbohydrates: 1.29g (0.47%), Sugar: 0.29g (0.33%), Cholesterol: 3.15mg (1.05%), Sodium: 79.86mg (3.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.39%)