



Cucumber-Basil Dressing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



336 kcal

SIDE DISH

Ingredients

- 0.5 cup buttermilk whole
- 4 cups cucumbers peeled seeded thinly sliced
- 0.5 cup basil fresh chopped
- 1 tablespoon garlic finely grated
- 1.5 cups greek yogurt
- 0.5 teaspoon kosher salt
- 0.3 cup juice of lemon fresh
- 1.5 cups mayonnaise (such as Duke's)

- 0.5 teaspoon pepper freshly ground
- 1 tablespoon sugar
- 2 tablespoons onion sweet finely grated
- 2 teaspoons salt

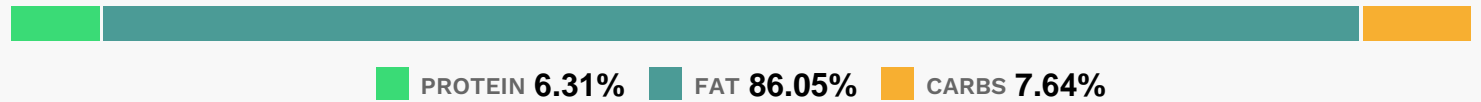
Equipment

- whisk
- colander

Directions

- Toss together first 2 ingredients; drain in a colander 30 minutes.
- Whisk together yogurt and next 9 ingredients. Stir in cucumbers; let stand 30 minutes. Refrigerate up to 2 days.

Nutrition Facts



Properties

Glycemic Index:37.26, Glycemic Load:1.66, Inflammation Score:-3, Nutrition Score:7.9152172700219%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 336.16kcal (16.81%), Fat: 32.2g (49.54%), Saturated Fat: 5.25g (32.84%), Carbohydrates: 6.43g (2.14%), Net Carbohydrates: 5.84g (2.13%), Sugar: 4.95g (5.49%), Cholesterol: 21.17mg (7.05%), Sodium: 1024.54mg (44.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.31g (10.62%), Vitamin K: 79.75µg (75.95%), Vitamin E: 1.44mg (9.59%), Vitamin B2: 0.16mg (9.42%), Phosphorus: 90.39mg (9.04%), Selenium: 5.48µg (7.83%), Calcium: 77.99mg (7.8%), Vitamin C: 5.78mg (7.01%), Vitamin B12: 0.38µg (6.36%), Potassium: 193.07mg (5.52%), Manganese: 0.11mg (5.5%), Folate: 17.96µg (4.49%), Vitamin B6: 0.09mg (4.43%), Vitamin B5: 0.44mg (4.36%), Magnesium: 16.15mg (4.04%), Copper: 0.08mg (3.95%), Vitamin A: 181.81IU (3.64%), Zinc: 0.47mg (3.11%), Vitamin B1:

0.05mg (3.04%), Fiber: 0.59g (2.35%), Iron: 0.36mg (2.01%), Vitamin D: 0.28µg (1.86%)