



Green salad with buttermilk dressing

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



12

CALORIES



28 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

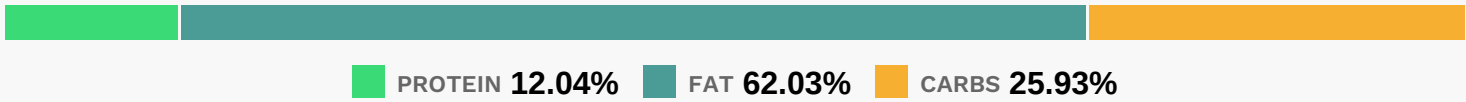
- ☐ 1 garlic clove crushed
- ☐ 100 ml buttermilk
- ☐ 2 tbsp mayonnaise
- ☐ 100 g watercress
- ☐ 1 lettuce trimmed cut into wedges

Equipment

Directions

- ☐ First make the dressing.
- ☐ Mix together the garlic, buttermilk and mayonnaise. When ready to serve, arrange the watercress and iceberg on a plate.
- ☐ Drizzle over most of the dressing, serving any leftovers separately for guests to help themselves

Nutrition Facts



Properties

Glycemic Index:14.58, Glycemic Load:0.43, Inflammation Score:-4, Nutrition Score:3.6330434796603%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.99mg, Kaempferol: 1.99mg, Kaempferol: 1.99mg, Kaempferol: 1.99mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 28.46kcal (1.42%), Fat: 2.07g (3.19%), Saturated Fat: 0.44g (2.75%), Carbohydrates: 1.95g (0.65%), Net Carbohydrates: 1.36g (0.5%), Sugar: 1.33g (1.48%), Cholesterol: 1.9mg (0.63%), Sodium: 31.43mg (1.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.81%), Vitamin K: 35.44µg (33.75%), Vitamin A: 506.86IU (10.14%), Vitamin C: 4.92mg (5.96%), Manganese: 0.08mg (4.06%), Folate: 14.32µg (3.58%), Potassium: 103.71mg (2.96%), Calcium: 28.44mg (2.84%), Fiber: 0.59g (2.34%), Phosphorus: 22.03mg (2.2%), Vitamin B2: 0.04mg (2.15%), Vitamin B1: 0.03mg (2.04%), Vitamin B6: 0.04mg (1.8%), Vitamin E: 0.25mg (1.64%), Magnesium: 5.82mg (1.46%), Iron: 0.21mg (1.18%), Copper: 0.02mg (1.05%), Vitamin B5: 0.1mg (1.04%)