



Heirloom Tomatoes with Buttermilk Dressing

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



224 kcal

SIDE DISH

Ingredients

- 2 tablespoons apple cider vinegar
- 0.3 teaspoon pepper black freshly ground
- 0.5 cup buttermilk
- 1 tablespoon herbs fresh chopped (such as chives, thyme, and basil)
- 2 pounds heirloom tomatoes sliced
- 0.5 cup mayonnaise
- 0.5 teaspoon salt
- 0.3 cup cup heavy whipping cream sour

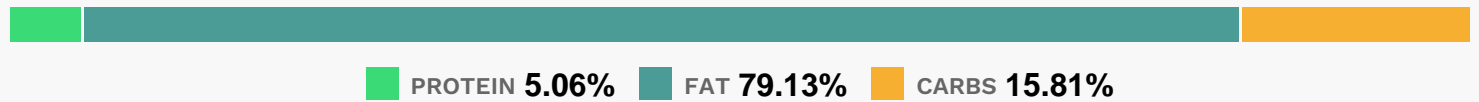
Equipment

- bowl
- whisk

Directions

- Whisk together first 7 ingredients in a bowl. Cover and chill until ready to serve.
- Serve with tomato slices.

Nutrition Facts



Properties

Glycemic Index:44.6, Glycemic Load:2.32, Inflammation Score:-8, Nutrition Score:10.905217460964%

Flavonoids

Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 224.43kcal (11.22%), Fat: 20.15g (31%), Saturated Fat: 4.29g (26.82%), Carbohydrates: 9.06g (3.02%), Net Carbohydrates: 6.83g (2.48%), Sugar: 6.49g (7.22%), Cholesterol: 18.83mg (6.28%), Sodium: 413.39mg (17.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.79%), Vitamin K: 64.37µg (61.31%), Vitamin A: 1705.11IU (34.1%), Vitamin C: 26.02mg (31.54%), Potassium: 491.45mg (14.04%), Manganese: 0.24mg (12.01%), Vitamin E: 1.78mg (11.88%), Fiber: 2.23g (8.92%), Vitamin B6: 0.16mg (8.07%), Folate: 31.46µg (7.86%), Phosphorus: 78.49mg (7.85%), Magnesium: 24.61mg (6.15%), Copper: 0.12mg (6.13%), Calcium: 61.26mg (6.13%), Vitamin B2: 0.1mg (5.9%), Vitamin B3: 1.12mg (5.61%), Vitamin B1: 0.08mg (5.58%), Iron: 0.63mg (3.47%), Vitamin B5: 0.33mg (3.34%), Zinc: 0.48mg (3.23%), Vitamin B12: 0.16µg (2.69%), Selenium: 1.84µg (2.63%), Vitamin D: 0.36µg (2.38%)