



Herbed Lemon-Buttermilk Dressing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



64

CALORIES



4 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons dijon mustard
- ☐ 0.8 cup buttermilk fat-free
- ☐ 1 teaspoon basil fresh finely chopped
- ☐ 1 teaspoon chives fresh finely chopped
- ☐ 1 teaspoon thyme leaves fresh finely chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon coarsely ground pepper black
- ☐ 2 teaspoons juice of lemon fresh

- ☐ 1 tablespoon lemon rind grated
- ☐ 0.3 cup mayonnaise low-fat
- ☐ 1 tablespoon onion finely chopped
- ☐ 0.3 teaspoon salt

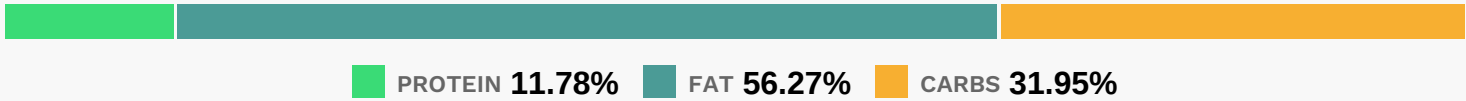
Equipment

- ☐ whisk

Directions

- ☐ Combine all ingredients, stirring with a whisk until dressing is well blended.
- ☐ Note: Refrigerate dressing in an airtight container for up to five days; stir well before using.

Nutrition Facts



Properties

Glycemic Index:4.39, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.10391304512387%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 4.21kcal (0.21%), Fat: 0.27g (0.41%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 0.34g (0.11%), Net Carbohydrates: 0.31g (0.11%), Sugar: 0.2g (0.22%), Cholesterol: 0.24mg (0.08%), Sodium: 23.03mg (1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.25%)