

## Herbed Salad Dressing



Vegetarian



Gluten Free

Image not found or type unknown

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

264 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients



0.5 cup buttermilk sour



0.5 cup mayonnaise



2 tablespoons salad dressing mix

### Equipment



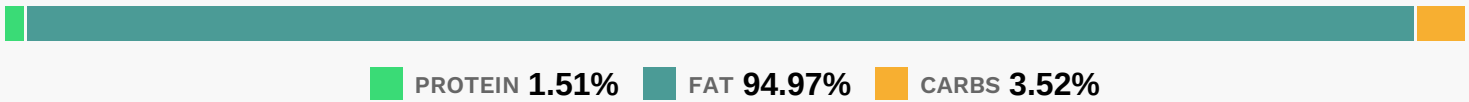
whisk

### Directions

- ☐
- Whisk together Salad Dressing

☐☐

## Nutrition Facts



## Properties

Glycemic Index:12.5, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:3.5795652594255%

## Nutrients (% of daily need)

Calories: 264.13kcal (13.21%), Fat: 28g (43.07%), Saturated Fat: 6.39g (39.91%), Carbohydrates: 2.34g (0.78%), Net Carbohydrates: 2.34g (0.85%), Sugar: 1.9g (2.11%), Cholesterol: 28.72mg (9.57%), Sodium: 256.22mg (11.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1g (2%), Vitamin K: 49.99µg (47.61%), Vitamin E: 1.18mg (7.87%), Vitamin A: 199.83IU (4%), Calcium: 32.19mg (3.22%), Vitamin B2: 0.05mg (3.15%), Phosphorus: 28.78mg (2.88%), Selenium: 1.85µg (2.64%), Vitamin B12: 0.09µg (1.57%), Vitamin B5: 0.14mg (1.45%), Potassium: 47.42mg (1.35%)