



Lemon Dill Salad Dressing



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



12

CALORIES



275 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup buttermilk
- ☐ 0.3 cup dill weed dried to taste
- ☐ 0.5 cup juice of lemon
- ☐ 2 cups mayonnaise

Equipment

- ☐ bowl
- ☐ whisk

Directions

☐ In a medium bowl, whisk together the mayonnaise, lemon juice, dill and buttermilk. Chill until serving.

Nutrition Facts



PROTEIN 2.43% **FAT 91.64%** **CARBS 5.93%**

Properties

Glycemic Index:6.75, Glycemic Load:0.26, Inflammation Score:-4, Nutrition Score:6.6934782888578%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 274.77kcal (13.74%), Fat: 28.5g (43.84%), Saturated Fat: 4.57g (28.59%), Carbohydrates: 4.15g (1.38%), Net Carbohydrates: 3.45g (1.26%), Sugar: 0.96g (1.06%), Cholesterol: 16.78mg (5.59%), Sodium: 257.92mg (11.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.4%), Vitamin K: 60.88µg (57.98%), Iron: 2.49mg (13.85%), Calcium: 103.03mg (10.3%), Manganese: 0.2mg (9.95%), Vitamin E: 1.25mg (8.31%), Vitamin C: 6.4mg (7.76%), Vitamin A: 329.72IU (6.59%), Magnesium: 24.21mg (6.05%), Potassium: 194.49mg (5.56%), Vitamin B6: 0.1mg (4.78%), Phosphorus: 43.92mg (4.39%), Fiber: 0.7g (2.8%), Vitamin B2: 0.04mg (2.34%), Vitamin B1: 0.03mg (2.1%), Copper: 0.04mg (1.77%), Selenium: 1.24µg (1.77%), Zinc: 0.26mg (1.74%), Vitamin B12: 0.09µg (1.51%), Vitamin D: 0.2µg (1.36%), Vitamin B5: 0.12mg (1.16%), Folate: 4.4µg (1.1%)