



Lite Herb Dressing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



34 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon chives dried
- ☐ 0.3 teaspoon dillweed dried
- ☐ 0.3 teaspoon mint leaves dried
- ☐ 2 tablespoons buttermilk fat-free
- ☐ 1 tablespoon juice of lemon
- ☐ 0.1 teaspoon pepper
- ☐ 1 cup yogurt plain
- ☐ 0.1 teaspoon salt

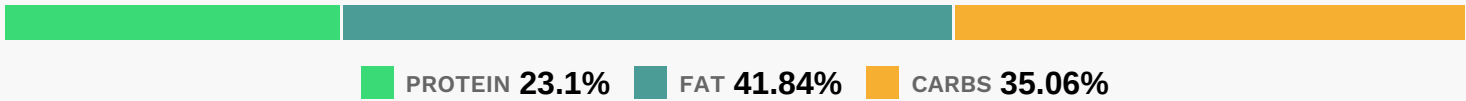
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together all ingredients in a small bowl. Cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:10.2, Glycemic Load:0.44, Inflammation Score:-2, Nutrition Score:1.9095652064551%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 33.89kcal (1.69%), Fat: 1.61g (2.48%), Saturated Fat: 1.03g (6.44%), Carbohydrates: 3.04g (1.01%), Net Carbohydrates: 2.94g (1.07%), Sugar: 2.66g (2.95%), Cholesterol: 6.49mg (2.16%), Sodium: 86.52mg (3.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.01%), Calcium: 63.76mg (6.38%), Phosphorus: 48.49mg (4.85%), Vitamin A: 222.86IU (4.46%), Vitamin B2: 0.07mg (4.37%), Vitamin C: 3.13mg (3.79%), Vitamin B12: 0.18µg (3.02%), Potassium: 89.15mg (2.55%), Zinc: 0.31mg (2.04%), Magnesium: 8.1mg (2.03%), Vitamin B5: 0.2mg (2.01%), Selenium: 1.11µg (1.58%), Vitamin B6: 0.02mg (1.18%), Vitamin B1: 0.02mg (1.17%), Folate: 4.44µg (1.11%)