



## Robb Walsh's Buttermilk Dressing

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



156 kcal

SIDE DISH

### Ingredients

- 1 cup buttermilk thick
- 0.3 teaspoon ground mustard dry
- 0.5 onion
- 0.5 teaspoon juice of lemon fresh
- 0.5 cup mayonnaise homemade
- 0.1 teaspoon paprika
- 0.1 teaspoon pepper white

### Equipment

## Directions

Stir all of the ingredients into the unbeaten buttermilk.

## Nutrition Facts

**PROTEIN 4.08%** **FAT 88.2%** **CARBS 7.72%**

## Properties

Glycemic Index:20.5, Glycemic Load:0.85, Inflammation Score:-1, Nutrition Score:3.2617391205352%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

## Nutrients (% of daily need)

Calories: 156.16kcal (7.81%), Fat: 15.33g (23.59%), Saturated Fat: 2.95g (18.44%), Carbohydrates: 3.02g (1.01%), Net Carbohydrates: 2.83g (1.03%), Sugar: 2.47g (2.74%), Cholesterol: 12.24mg (4.08%), Sodium: 160.95mg (7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.19%), Vitamin K: 30.62µg (29.16%), Calcium: 50.05mg (5.01%), Vitamin B2: 0.08mg (4.45%), Vitamin E: 0.66mg (4.39%), Phosphorus: 41.51mg (4.15%), Vitamin D: 0.56µg (3.72%), Vitamin B12: 0.21µg (3.44%), Selenium: 2.13µg (3.05%), Potassium: 73.14mg (2.09%), Vitamin B5: 0.2mg (1.98%), Vitamin A: 98.89IU (1.98%), Vitamin B1: 0.03mg (1.72%), Vitamin B6: 0.03mg (1.42%), Magnesium: 5.55mg (1.39%), Zinc: 0.2mg (1.35%), Folate: 4.92µg (1.23%), Vitamin C: 0.85mg (1.04%)