



## Rosy Italian Dressing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



29 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon basil dried whole
- 1 clove garlic crushed
- 0.5 cup nonfat buttermilk
- 0.3 cup nonfat mayonnaise
- 1 tablespoon onion grated
- 0.3 teaspoon oregano dried whole
- 0.3 teaspoon paprika
- 0.3 teaspoon pepper

0.3 cup no-salt-added tomato juice

## Equipment

bowl

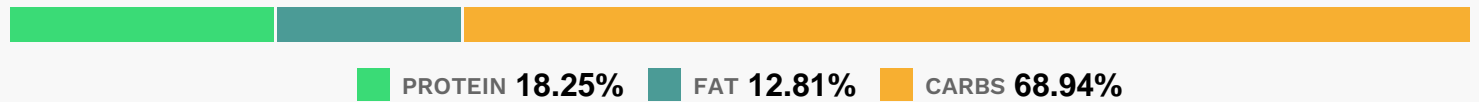
whisk

## Directions

Combine all ingredients in a small bowl, stirring well with a wire whisk. Cover and chill.

Serve with salad greens.

## Nutrition Facts



## Properties

Glycemic Index:35.08, Glycemic Load:0.32, Inflammation Score:-2, Nutrition Score:1.3704347960327%

## Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

## Nutrients (% of daily need)

Calories: 29.21kcal (1.46%), Fat: 0.43g (0.66%), Saturated Fat: 0.1g (0.61%), Carbohydrates: 5.23g (1.74%), Net Carbohydrates: 4.68g (1.7%), Sugar: 3.64g (4.04%), Cholesterol: 1.89mg (0.63%), Sodium: 142.91mg (6.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.77%), Vitamin K: 6.09µg (5.8%), Vitamin C: 3.56mg (4.31%), Manganese: 0.06mg (2.99%), Vitamin A: 133.3IU (2.67%), Fiber: 0.55g (2.18%), Vitamin B6: 0.03mg (1.72%), Potassium: 56.24mg (1.61%), Iron: 0.24mg (1.34%), Calcium: 12.4mg (1.24%), Folate: 4.11µg (1.03%)