



Salad Dressing Mix



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



16 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup freeze-dried chives
- ☐ 1 tablespoon dillweed dried
- ☐ 0.5 cup parsley flakes dried
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt

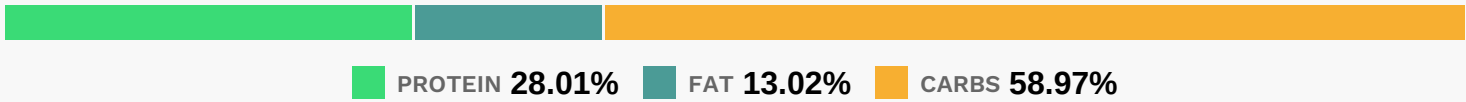
Equipment

- ☐ whisk

Directions

- ☐ Stir together all ingredients, and store in an airtight container up to 6 months.
- ☐ Whisk together 2 tablespoons Salad Dressing
- ☐ Mix, 1/2 cup mayonnaise, and 1/2 cup buttermilk or sour cream. Chill at least 2 hours.
- ☐ Serve over mixed salad greens or as a vegetable dip.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.01, Inflammation Score:-8, Nutrition Score:6.4321740088256%

Flavonoids

Apigenin: 187.65mg, Apigenin: 187.65mg, Apigenin: 187.65mg, Apigenin: 187.65mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 13.8mg, Isorhamnetin: 13.8mg, Isorhamnetin: 13.8mg, Isorhamnetin: 13.8mg

Nutrients (% of daily need)

Calories: 15.74kcal (0.79%), Fat: 0.28g (0.44%), Saturated Fat: 0.06g (0.39%), Carbohydrates: 2.89g (0.96%), Net Carbohydrates: 1.55g (0.56%), Sugar: 0.3g (0.34%), Cholesterol: 0mg (0%), Sodium: 214.91mg (9.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.75%), Vitamin K: 56.78µg (54.08%), Manganese: 0.46mg (23.15%), Vitamin C: 7.47mg (9.05%), Iron: 1.47mg (8.16%), Calcium: 68mg (6.8%), Vitamin A: 321.88IU (6.44%), Vitamin B2: 0.11mg (6.25%), Magnesium: 23.03mg (5.76%), Fiber: 1.34g (5.36%), Potassium: 153.91mg (4.4%), Vitamin B6: 0.06mg (3.01%), Phosphorus: 25.11mg (2.51%), Vitamin E: 0.37mg (2.49%), Vitamin B3: 0.46mg (2.3%), Copper: 0.04mg (2.02%), Folate: 7.8µg (1.95%), Zinc: 0.27mg (1.83%)