



Avocado Ranch Salad Dressing



Vegetarian



Gluten Free



Popular

READY IN



10 min.

SERVINGS



5

CALORIES



114 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup avocado ripe
- ☐ 1 tablespoon buttermilk
- ☐ 1 pinch dill weed dried
- ☐ 0.1 teaspoon parsley dried
- ☐ 1 pinch garlic powder
- ☐ 0.3 cup mayonnaise
- ☐ 0.1 teaspoon onion powder
- ☐ 0.1 teaspoon salt

- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 1.5 teaspoons distilled vinegar white

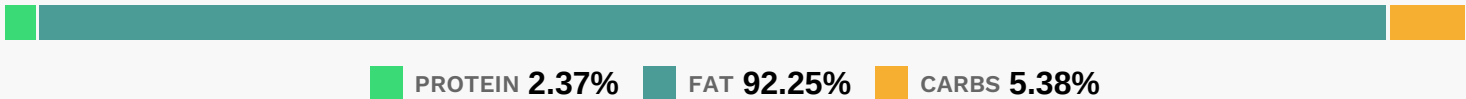
Equipment

- ☐ bowl

Directions

- ☐ Mash avocado in a bowl, then stir in mayonnaise, sour cream, buttermilk, and vinegar.
- ☐ Sprinkle with salt, parsley, dill, onion powder, and garlic powder. Stir until well blended, chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:35.2, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:2.1991304457188%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg

Nutrients (% of daily need)

Calories: 113.81kcal (5.69%), Fat: 11.82g (18.18%), Saturated Fat: 2.69g (16.81%), Carbohydrates: 1.55g (0.52%), Net Carbohydrates: 1.01g (0.37%), Sugar: 0.66g (0.73%), Cholesterol: 11.82mg (3.94%), Sodium: 137mg (5.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.37%), Vitamin K: 20.05µg (19.09%), Vitamin E: 0.57mg (3.79%), Vitamin B2: 0.04mg (2.18%), Fiber: 0.54g (2.16%), Vitamin A: 106.57IU (2.13%), Calcium: 20.79mg (2.08%), Phosphorus: 18.94mg (1.89%), Folate: 7.52µg (1.88%), Potassium: 64.5mg (1.84%), Vitamin B5: 0.17mg (1.74%), Vitamin B6: 0.03mg (1.5%), Selenium: 0.84µg (1.21%), Magnesium: 4.74mg (1.18%), Vitamin C: 0.97mg (1.17%), Manganese: 0.02mg (1.14%), Copper: 0.02mg (1.04%)