



Buttermilk Herb Ranch Dressing



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



213 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup buttermilk
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 cup mayonnaise
- ☐ 1 tablespoon oregano fresh chopped

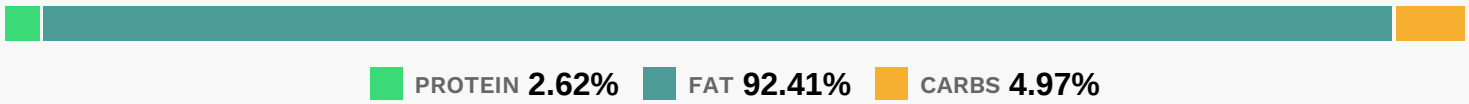
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk all ingredients together in a medium bowl. Chill at least 1 hour to allow the flavors to develop. Stir dressing well before serving.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:0.56, Inflammation Score:-8, Nutrition Score:4.6634782358356%

Flavonoids

Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 213.2kcal (10.66%), Fat: 22g (33.84%), Saturated Fat: 3.87g (24.17%), Carbohydrates: 2.66g (0.89%), Net Carbohydrates: 2.09g (0.76%), Sugar: 1.69g (1.88%), Cholesterol: 15.06mg (5.02%), Sodium: 791.18mg (34.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.81%), Vitamin K: 55.1µg (52.48%), Vitamin E: 1.17mg (7.8%), Calcium: 58.11mg (5.81%), Vitamin B2: 0.06mg (3.82%), Manganese: 0.07mg (3.65%), Phosphorus: 34.51mg (3.45%), Iron: 0.56mg (3.12%), Vitamin D: 0.45µg (2.97%), Vitamin B12: 0.17µg (2.86%), Selenium: 1.86µg (2.66%), Vitamin A: 129.33IU (2.59%), Fiber: 0.57g (2.28%), Potassium: 67.16mg (1.92%), Magnesium: 7.18mg (1.8%), Vitamin B5: 0.18mg (1.78%), Folate: 6.89µg (1.72%), Vitamin B6: 0.03mg (1.52%), Vitamin B1: 0.02mg (1.37%), Zinc: 0.2mg (1.35%), Copper: 0.02mg (1.18%)