



Buttermilk Ranch Dressing

 Vegetarian  Gluten Free

READY IN



125 min.

SERVINGS



20

CALORIES



25 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup salad dressing
- 0.5 cup buttermilk
- 1 teaspoon parsley
- 0.5 teaspoon onion instant minced
- 0.5 teaspoon salt
- 1 Dash pepper freshly ground
- 1 clove garlic finely chopped

Equipment

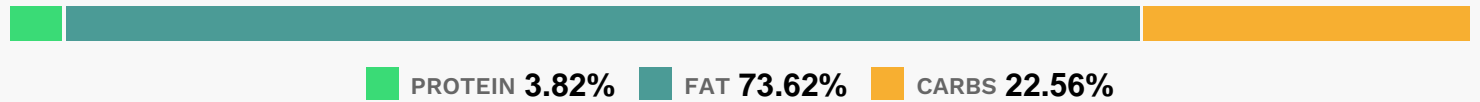
bowl

Directions

In small bowl, mix all ingredients.

Cover and refrigerate at least 2 hours to blend flavors. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:0.57000000054098%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 25.14kcal (1.26%), Fat: 2.06g (3.17%), Saturated Fat: 0.37g (2.34%), Carbohydrates: 1.42g (0.47%), Net Carbohydrates: 1.41g (0.51%), Sugar: 1.25g (1.39%), Cholesterol: 0.66mg (0.22%), Sodium: 152mg (6.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.48%), Vitamin K: 5.03µg (4.79%), Vitamin E: 0.2mg (1.32%)