



Buttermilk Ranch Dressing



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



102 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup buttermilk
- ☐ 0.3 teaspoon mustard dry
- ☐ 1 tablespoon chives fresh finely chopped
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 cup mayonnaise
- ☐ 5 servings salt and pepper
- ☐ 2 tablespoons cup heavy whipping cream sour
- ☐ 1 teaspoon citrus champagne vinegar

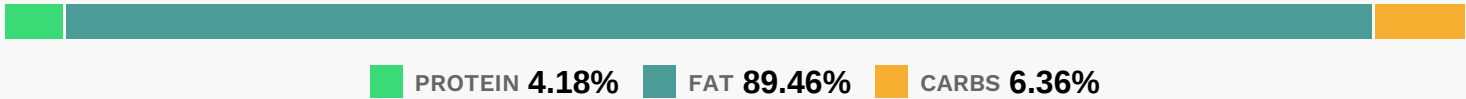
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a bowl, whisk together buttermilk, mayonnaise, sour cream, white wine vinegar, mustard, garlic powder and chives until well combined. Season with salt and pepper. Cover and refrigerate.
- ☐ Whisk well just before using.

Nutrition Facts



Properties

Glycemic Index:26.2, Glycemic Load:0.4, Inflammation Score:-1, Nutrition Score:2.1243478163429%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 101.92kcal (5.1%), Fat: 10.14g (15.61%), Saturated Fat: 2.25g (14.09%), Carbohydrates: 1.62g (0.54%), Net Carbohydrates: 1.58g (0.58%), Sugar: 1.42g (1.58%), Cholesterol: 10.18mg (3.39%), Sodium: 291.8mg (12.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.13%), Vitamin K: 19.68µg (18.75%), Calcium: 34.46mg (3.45%), Vitamin B2: 0.05mg (3.1%), Phosphorus: 28.28mg (2.83%), Vitamin E: 0.41mg (2.73%), Selenium: 1.57µg (2.25%), Vitamin D: 0.33µg (2.23%), Vitamin B12: 0.13µg (2.23%), Vitamin A: 102.93IU (2.06%), Vitamin B5: 0.13mg (1.3%), Potassium: 45.37mg (1.3%), Vitamin B1: 0.02mg (1.02%)