



## Buttermilk-Ranch-Herb Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



324 kcal

SAUCE

### Ingredients

- 0.3 cup buttermilk
- 1.5 tablespoons chives fresh chopped
- 3 tablespoons juice of lemon fresh
- 1 teaspoon lemon zest
- 1 cup mayonnaise
- 0.5 teaspoon pepper freshly ground
- 2 teaspoons ranch dressing mix
- 0.3 teaspoon salt

# Equipment

whisk

# Directions

Whisk together mayonnaise, buttermilk, chives, Ranch dressing mix, lemon zest, fresh lemon juice, freshly ground pepper, and salt.

Serve immediately, or cover and chill up to 2 days.

# Nutrition Facts

**PROTEIN 1.27%** **FAT 94.74%** **CARBS 3.99%**

# Properties

Glycemic Index:31.6, Glycemic Load:0.4, Inflammation Score:-1, Nutrition Score:4.9969566503297%

# Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

# Nutrients (% of daily need)

Calories: 324.17kcal (16.21%), Fat: 34.08g (52.42%), Saturated Fat: 5.55g (34.71%), Carbohydrates: 3.22g (1.07%), Net Carbohydrates: 3.08g (1.12%), Sugar: 1.3g (1.44%), Cholesterol: 20.58mg (6.86%), Sodium: 597.73mg (25.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.03g (2.06%), Vitamin K: 75.32µg (71.73%), Vitamin E: 1.5mg (9.99%), Vitamin C: 4.52mg (5.48%), Calcium: 24.85mg (2.48%), Phosphorus: 24.61mg (2.46%), Selenium: 1.65µg (2.36%), Vitamin B2: 0.04mg (2.3%), Vitamin B12: 0.13µg (2.12%), Vitamin D: 0.3µg (1.98%), Vitamin A: 96.53IU (1.93%), Manganese: 0.03mg (1.7%), Vitamin B5: 0.16mg (1.57%), Folate: 5.87µg (1.47%), Potassium: 45.82mg (1.31%), Vitamin B1: 0.02mg (1.02%)