



Cool Ranch Sauce



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



103 kcal

SAUCE

Ingredients

- ☐ 0.3 cup buttermilk
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 garlic clove minced
- ☐ 2 teaspoons juice of lemon
- ☐ 0.3 teaspoon lemon zest
- ☐ 0.5 cup mayonnaise
- ☐ 10 servings salt and pepper to taste
- ☐ 0.5 cup cup heavy whipping cream sour

Equipment

☐

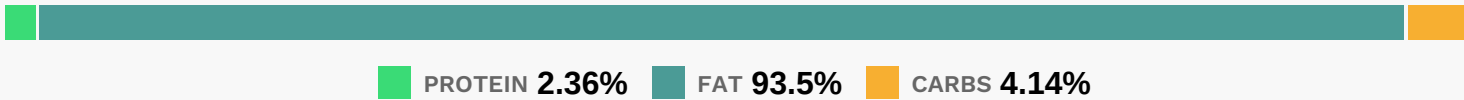
whisk

Directions

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Whisk together mayonnaise, sour cream, buttermilk, chopped fresh chives, lemon zest, lemon juice, minced garlic, and salt and pepper to taste until smooth.

Nutrition Facts



Properties

Glycemic Index:15.6, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:1.6713043587363%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 103.43kcal (5.17%), Fat: 10.81g (16.64%), Saturated Fat: 2.59g (16.17%), Carbohydrates: 1.08g (0.36%), Net Carbohydrates: 1.06g (0.38%), Sugar: 0.78g (0.87%), Cholesterol: 12.15mg (4.05%), Sodium: 274.85mg (11.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.23%), Vitamin K: 19.09µg (18.18%), Vitamin E: 0.42mg (2.79%), Calcium: 20.48mg (2.05%), Vitamin A: 102IU (2.04%), Vitamin B2: 0.03mg (1.92%), Phosphorus: 16.91mg (1.69%), Selenium: 0.95µg (1.36%), Vitamin B12: 0.07µg (1.09%)