



## Franch Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



2 min.

SERVINGS



4

CALORIES



260 kcal

SIDE DISH

### Ingredients

- 0.5 cup ranch dressing
- 0.5 cup dressing french

### Equipment

- bowl

### Directions

In a small bowl, stir together French and ranch dressings. Use immediately or transfer to an airtight container and store in refrigerator for up to a week.

## Nutrition Facts

**PROTEIN 1.01%** **FAT 87.37%** **CARBS 11.62%**

### Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:5.2300001337476%

### Nutrients (% of daily need)

Calories: 259.94kcal (13%), Fat: 25.57g (39.34%), Saturated Fat: 3.99g (24.94%), Carbohydrates: 7.64g (2.55%), Net Carbohydrates: 6.89g (2.51%), Sugar: 6.84g (7.61%), Cholesterol: 7.8mg (2.6%), Sodium: 476.86mg (20.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.34%), Vitamin K: 78.01µg (74.3%), Vitamin E: 2.23mg (14.86%), Phosphorus: 63.61mg (6.36%), Vitamin A: 156.4IU (3.13%), Fiber: 0.75g (3%), Vitamin B2: 0.05mg (2.69%), Vitamin B5: 0.24mg (2.39%), Calcium: 16.84mg (1.68%), Vitamin B12: 0.09µg (1.58%), Potassium: 52.95mg (1.51%), Selenium: 1.05µg (1.5%), Vitamin B6: 0.02mg (1.12%), Vitamin B1: 0.02mg (1.09%), Iron: 0.19mg (1.06%)