



## Fresh Citrus Ranch Dressing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



25 kcal

SIDE DISH

### Ingredients

- 3 tablespoons orange juice fresh
- 2 teaspoons orange rind grated
- 0.8 cup buttermilk-ranch dressing low-fat

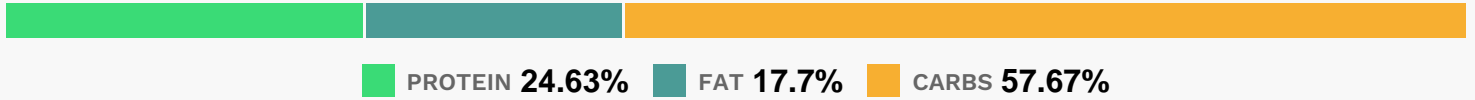
### Equipment

- whisk

### Directions

Whisk together all ingredients. Cover and chill until ready to serve.

## Nutrition Facts



### Properties

Glycemic Index:13, Glycemic Load:0.68, Inflammation Score:-1, Nutrition Score:1.8273912954914%

### Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

### Nutrients (% of daily need)

Calories: 24.71kcal (1.24%), Fat: 0.51g (0.78%), Saturated Fat: 0.3g (1.88%), Carbohydrates: 3.73g (1.24%), Net Carbohydrates: 3.6g (1.31%), Sugar: 3.23g (3.59%), Cholesterol: 1.8mg (0.6%), Sodium: 66.76mg (2.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.19%), Vitamin C: 8.19mg (9.92%), Calcium: 55.21mg (5.52%), Vitamin B2: 0.07mg (4.35%), Phosphorus: 42.43mg (4.24%), Potassium: 95.57mg (2.73%), Vitamin B1: 0.03mg (1.87%), Vitamin B12: 0.1µg (1.65%), Magnesium: 6.57mg (1.64%), Folate: 6.38µg (1.59%), Vitamin B5: 0.15mg (1.53%), Zinc: 0.2mg (1.32%), Selenium: 0.92µg (1.32%), Vitamin B6: 0.02mg (1.11%), Vitamin A: 50.85IU (1.02%)