



## Herby Ranch Dressing

 Gluten Free

READY IN



125 min.

SERVINGS



8

CALORIES



234 kcal

SIDE DISH

### Ingredients

- 0.5 cup buttermilk as needed (more to reach desired consistency)
- 0.3 cup flat-leaf parsley leaves italian chopped
- 0.3 cup basil leaves fresh chopped
- 2 tablespoons chives fresh chopped
- 8 servings salt and ground pepper
- 1 cup mayonnaise (real)
- 2 tablespoons oregano fresh chopped
- 0.5 cup cup heavy whipping cream sour

- 3 teaspoons vinegar white
- 2 teaspoons worcestershire sauce

## Equipment

- bowl

## Directions

- Watch how to make this recipe.
- Combine the mayonnaise, buttermilk, sour cream, basil, parsley, chives, oregano, vinegar, Worcestershire sauce and salt and pepper to taste in a bowl. Chill for a couple of hours before serving.

## Nutrition Facts

**PROTEIN 2.25%** **FAT 92.76%** **CARBS 4.99%**

## Properties

Glycemic Index:39.38, Glycemic Load:0.37, Inflammation Score:-8, Nutrition Score:6.6173911690712%

## Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 234.29kcal (11.71%), Fat: 24.31g (37.4%), Saturated Fat: 5.04g (31.48%), Carbohydrates: 2.94g (0.98%), Net Carbohydrates: 2.29g (0.83%), Sugar: 1.62g (1.8%), Cholesterol: 21.89mg (7.3%), Sodium: 218.98mg (9.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.66%), Vitamin K: 89.31µg (85.06%), Vitamin E: 1.24mg (8.24%), Vitamin A: 385.66IU (7.71%), Calcium: 60.74mg (6.07%), Manganese: 0.09mg (4.74%), Iron: 0.78mg (4.31%), Vitamin C: 3.42mg (4.14%), Vitamin B2: 0.07mg (3.96%), Phosphorus: 34.48mg (3.45%), Fiber: 0.65g (2.6%), Selenium: 1.82µg (2.6%), Folate: 10.26µg (2.56%), Potassium: 87.76mg (2.51%), Vitamin B12: 0.13µg (2.21%), Magnesium: 8.71mg (2.18%), Vitamin B5: 0.18mg (1.78%), Vitamin D: 0.25µg (1.67%), Copper: 0.03mg (1.54%), Vitamin B6: 0.03mg (1.54%), Zinc: 0.21mg (1.43%), Vitamin B1: 0.02mg (1.24%)