



Homemade Buttermilk Ranch Dressing



Vegetarian



Gluten Free



Popular

READY IN



5 min.

SERVINGS



6

CALORIES



153 kcal

SIDE DISH

Ingredients

- ☐ 1 cup buttermilk
- ☐ 0.5 cup mayonnaise
- ☐ 1 teaspoon juice of lemon
- ☐ 0.1 teaspoon paprika
- ☐ 0.3 teaspoon ground mustard
- ☐ 0.5 teaspoon salt
- ☐ 0.1 teaspoon pepper black
- ☐ 1 Tbsp parsley fresh chopped

- ☐ 1 teaspoon chives fresh chopped
- ☐ 0.3 teaspoon optional: dill fresh dry chopped (or a teaspoon)

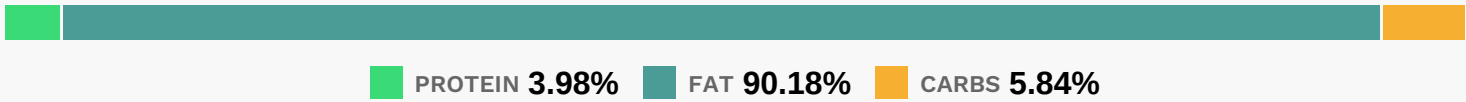
Equipment

- ☐ bowl

Directions

- ☐ In a medium bowl, stir together the buttermilk and mayonnaise until fully mixed.
- ☐ Add in the other ingredients, adjusting for taste.
- ☐ Keeps for a week, covered in the fridge.

Nutrition Facts



Properties

Glycemic Index:36.67, Glycemic Load:0.67, Inflammation Score:-2, Nutrition Score:3.671304286822%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 1.36mg, Apigenin: 1.36mg, Apigenin: 1.36mg, Apigenin: 1.36mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 152.84kcal (7.64%), Fat: 15.33g (23.59%), Saturated Fat: 2.95g (18.43%), Carbohydrates: 2.24g (0.75%), Net Carbohydrates: 2.17g (0.79%), Sugar: 2.1g (2.33%), Cholesterol: 12.24mg (4.08%), Sodium: 354.74mg (15.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.04%), Vitamin K: 41.39µg (39.42%), Calcium: 49.2mg (4.92%), Vitamin E: 0.66mg (4.42%), Vitamin B2: 0.07mg (4.36%), Phosphorus: 39.34mg (3.93%), Vitamin D: 0.56µg (3.72%), Vitamin B12: 0.21µg (3.44%), Vitamin A: 159.89IU (3.2%), Selenium: 2.09µg (2.99%), Vitamin B5: 0.19mg (1.91%), Potassium: 64.78mg (1.85%), Vitamin C: 1.27mg (1.54%), Vitamin B1: 0.02mg (1.49%), Zinc: 0.2mg (1.31%), Magnesium: 5.08mg (1.27%), Folate: 4.41µg (1.1%)