



Homemade Ranch Dressing



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



351 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.8 cup buttermilk
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 1 tablespoon garlic minced
- ☐ 0.5 cup mayonnaise
- ☐ 2 tablespoons onion minced
- ☐ 3 tablespoons bell pepper red minced
- ☐ 0.5 teaspoon salt

☐ 1 cup yogurt plain sour (or substitute yogurt)

Equipment

☐ mixing bowl

Directions

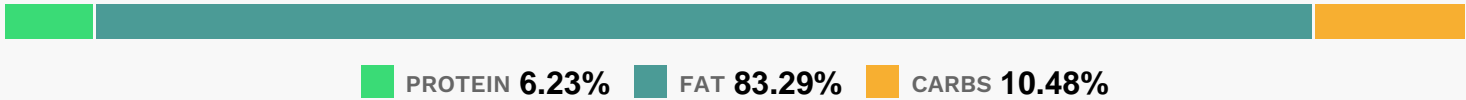
☐ Combine the mayonnaise, sour cream, and buttermilk in a mixing bowl and stir until smooth.

☐ Add the bell pepper, onion, cilantro, garlic, pepper, and salt and mix well.

☐ The dressing will keep for a week in a sealed container in the refrigerator.

☐ From The Texas Cowboy Cookbook by Robb Walsh Copyright (c) 2007 by Robb Walsh. Published by Broadway Books.Robb Walsh, "the Indiana Jones of food writers" (Liane Hanson, NPR), is the restaurant critic for the Houston Press, and occasional commentator for NPR's Weekend Edition, the former food columnist for Natural History magazine, and former editor in chief of Chile Pepper magazine. He is the author of Legends of Texas Barbecue Cookbook and The Tex Mex Cookbook: A History in Recipes and Photos, and the co-author of several other cooking and travel books. He lives in Houston, Texas.

Nutrition Facts



Properties

Glycemic Index:84.33, Glycemic Load:2.28, Inflammation Score:-5, Nutrition Score:9.5552174267562%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 350.84kcal (17.54%), Fat: 32.63g (50.19%), Saturated Fat: 7.24g (45.22%), Carbohydrates: 9.24g (3.08%), Net Carbohydrates: 8.78g (3.19%), Sugar: 7.65g (8.5%), Cholesterol: 32.9mg (10.97%), Sodium: 726.49mg (31.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.99%), Vitamin K: 63.1µg (60.09%), Calcium: 179.71mg (17.97%), Vitamin C: 13.71mg (16.62%), Phosphorus: 145.51mg (14.55%), Vitamin B2: 0.24mg (14.11%), Vitamin B12: 0.62µg (10.38%), Vitamin A: 515.49IU (10.31%), Vitamin E: 1.48mg (9.84%), Selenium: 5.32µg (7.59%), Potassium:

261mg (7.46%), Vitamin B5: 0.67mg (6.7%), Vitamin D: 0.94µg (6.24%), Vitamin B6: 0.12mg (6.01%), Manganese: 0.12mg (5.83%), Zinc: 0.84mg (5.58%), Magnesium: 19.27mg (4.82%), Vitamin B1: 0.07mg (4.64%), Folate: 16.43µg (4.11%), Copper: 0.05mg (2.35%), Fiber: 0.46g (1.83%), Iron: 0.28mg (1.54%), Vitamin B3: 0.24mg (1.2%)