



Homestyle Garlic Ranch Dressing

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



60

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup buttermilk
- 2 tablespoons parsley dried
- 1 tablespoon garlic powder
- 1 teaspoon ground pepper black
- 2 hardboiled eggs diced
- 2 pinches kosher salt
- 2 cups mayonnaise
- 1 small onion diced

5 tablespoons cup heavy whipping cream sour

0.5 cup vegetable oil

Equipment

bowl

whisk

Directions

Whisk mayonnaise, buttermilk, onion, vegetable oil, eggs, sour cream, parsley, garlic powder, pepper, and salt together in a bowl until dressing is creamy, about 30 seconds. Store dressing in a 1-quart jar in refrigerator for up to 1 week.

Nutrition Facts

PROTEIN 3.15% FAT 93.24% CARBS 3.61%

Properties

Glycemic Index:2.42, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:1.1500000098477%

Flavonoids

Apigenin: 3mg, Apigenin: 3mg, Apigenin: 3mg, Apigenin: 3mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 62.21kcal (3.11%), Fat: 6.46g (9.94%), Saturated Fat: 1.16g (7.27%), Carbohydrates: 0.56g (0.19%), Net Carbohydrates: 0.51g (0.18%), Sugar: 0.35g (0.39%), Cholesterol: 10.38mg (3.46%), Sodium: 67.34mg (2.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.98%), Vitamin K: 13.84µg (13.18%), Vitamin E: 0.31mg (2.04%), Selenium: 0.92µg (1.31%), Vitamin B2: 0.02mg (1.22%)