



Jalapeno Ranch Dressing



Vegetarian



Gluten Free



Popular

READY IN



10 min.

SERVINGS



2

CALORIES



218 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup buttermilk
- ☐ 1 handful cilantro leaves
- ☐ 1 clove garlic
- ☐ 1 green onion
- ☐ 1 jalapeño stemmed seeded
- ☐ 1 tablespoon juice of lime (-)
- ☐ 0.3 cup mayonnaise
- ☐ 2 servings salt and pepper to taste

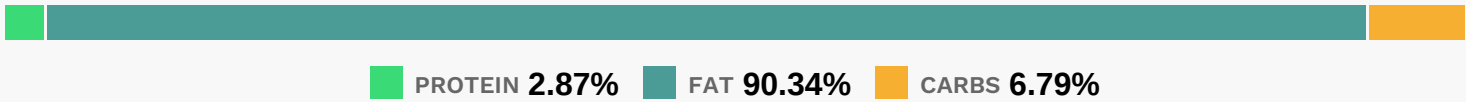
Equipment

☐ food processor

Directions

☐ Place everything in a food processor and puree.

Nutrition Facts



Properties

Glycemic Index:103.5, Glycemic Load:0.85, Inflammation Score:-4, Nutrition Score:6.0982609132062%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 217.52kcal (10.88%), Fat: 22g (33.84%), Saturated Fat: 3.86g (24.1%), Carbohydrates: 3.72g (1.24%), Net Carbohydrates: 3.25g (1.18%), Sugar: 2.21g (2.46%), Cholesterol: 15.06mg (5.02%), Sodium: 405.58mg (17.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.15%), Vitamin K: 65.72µg (62.59%), Vitamin C: 12.69mg (15.38%), Vitamin E: 1.29mg (8.6%), Vitamin A: 341.83IU (6.84%), Calcium: 47.13mg (4.71%), Vitamin B2: 0.07mg (4.27%), Phosphorus: 39.72mg (3.97%), Vitamin B6: 0.07mg (3.52%), Potassium: 105.27mg (3.01%), Vitamin D: 0.45µg (2.97%), Selenium: 2.06µg (2.94%), Vitamin B12: 0.17µg (2.86%), Manganese: 0.05mg (2.75%), Folate: 10.66µg (2.67%), Vitamin B5: 0.22mg (2.18%), Vitamin B1: 0.03mg (1.95%), Fiber: 0.47g (1.88%), Magnesium: 7.03mg (1.76%), Copper: 0.03mg (1.61%), Zinc: 0.22mg (1.49%), Iron: 0.24mg (1.35%)