



Low Fat Buttermilk Ranch Dressing

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



89 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons chives fresh chopped
- ☐ 2 teaspoons optional: dill fresh chopped
- ☐ 2 teaspoons parsley fresh chopped
- ☐ 1 teaspoon garlic powder
- ☐ 1.3 cups buttermilk low-fat
- ☐ 0.7 cup mayonnaise low-fat
- ☐ 0.7 cup cup heavy whipping cream sour low-fat
- ☐ 1 teaspoon onion powder

- ☐ 0.3 teaspoon pepper
- ☐ 1 teaspoon salt

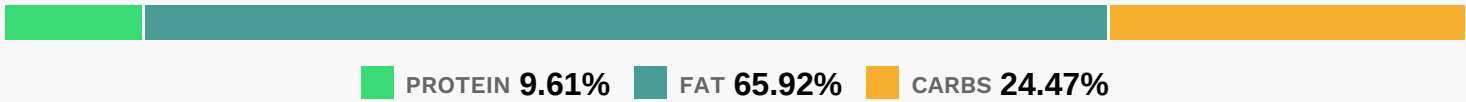
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together the buttermilk, mayonnaise, and sour cream in a bowl. Stir in the garlic powder, onion powder, chives, dill, parsley, salt, and pepper. Cover and refrigerate at least 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:16.13, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.4830434860095%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 88.84kcal (4.44%), Fat: 6.61g (10.17%), Saturated Fat: 2.18g (13.6%), Carbohydrates: 5.52g (1.84%), Net Carbohydrates: 5.43g (1.97%), Sugar: 2.65g (2.95%), Cholesterol: 11.3mg (3.77%), Sodium: 520.62mg (22.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.34%), Vitamin K: 11.22µg (10.68%), Calcium: 76.57mg (7.66%), Phosphorus: 54.64mg (5.46%), Vitamin B2: 0.09mg (5.05%), Potassium: 115.71mg (3.31%), Vitamin E: 0.49mg (3.27%), Selenium: 2.01µg (2.87%), Vitamin B12: 0.17µg (2.81%), Vitamin A: 109.99IU (2.2%), Zinc: 0.3mg (2.01%), Magnesium: 7.51mg (1.88%), Vitamin B1: 0.03mg (1.72%), Folate: 5.54µg (1.38%), Vitamin B6: 0.03mg (1.32%), Vitamin B5: 0.13mg (1.27%), Vitamin C: 0.84mg (1.01%)