



Ranch Dipping Sauce

 Vegetarian  Gluten Free

READY IN



485 min.

SERVINGS



12

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.3 cup mayonnaise
- ☐ 0.8 cup yogurt plain
- ☐ 1 ounce ranch dressing mix

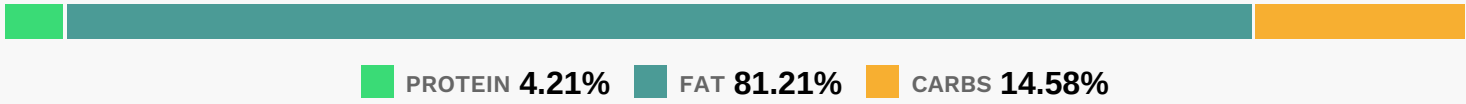
Equipment

- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ In a medium-size mixing bowl, blend yogurt, mayonnaise, and ranch dressing mix.
- ☐ Mix well with a wire whisk. Cover and refrigerate overnight.
- ☐ Sprinkle with parsley before serving.

Nutrition Facts



Properties

Glycemic Index:8.42, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:1.2682608919947%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg

Nutrients (% of daily need)

Calories: 58.34kcal (2.92%), Fat: 5.15g (7.93%), Saturated Fat: 1.05g (6.56%), Carbohydrates: 2.08g (0.69%), Net Carbohydrates: 2.07g (0.75%), Sugar: 0.75g (0.84%), Cholesterol: 4.6mg (1.53%), Sodium: 223.93mg (9.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.2%), Vitamin K: 15.64µg (14.89%), Calcium: 19.49mg (1.95%), Phosphorus: 16.05mg (1.6%), Vitamin E: 0.22mg (1.44%), Vitamin B2: 0.02mg (1.37%), Vitamin B12: 0.06µg (1.07%)