



Ranch Dipping Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large garlic clove minced
- ☐ 2 tablespoons extra horseradish hot prepared
- ☐ 1 cup ranch dressing fat-free
- ☐ 1 teaspoon vinegar white

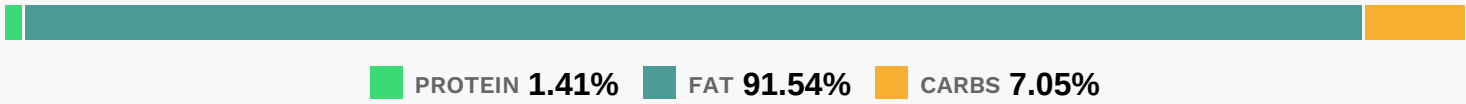
Equipment

- ☐ bowl

Directions

☐ Combine all ingredients in a small bowl; stir well. Cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:9.58, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:1.8865217158328%

Nutrients (% of daily need)

Calories: 87.65kcal (4.38%), Fat: 8.92g (13.72%), Saturated Fat: 1.39g (8.72%), Carbohydrates: 1.55g (0.52%), Net Carbohydrates: 1.46g (0.53%), Sugar: 1.14g (1.27%), Cholesterol: 5.2mg (1.73%), Sodium: 190.75mg (8.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.62%), Vitamin K: 26.84µg (25.56%), Phosphorus: 38.37mg (3.84%), Vitamin E: 0.44mg (2.96%), Vitamin B5: 0.16mg (1.63%), Selenium: 0.81µg (1.15%), Vitamin B2: 0.02mg (1.07%)