



Ranch Dressing



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



23 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup buttermilk well-shaken
- ☐ 0.5 teaspoon ground mustard dry
- ☐ 2 tablespoons chives fresh finely chopped
- ☐ 1 tablespoon optional: dill fresh finely chopped
- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 1 clove garlic peeled
- ☐ 1 tablespoon onion finely chopped

☐ 0.1 teaspoon sea salt to taste fine

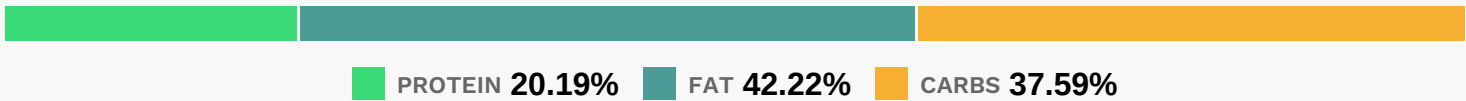
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ mortar and pestle

Directions

- ☐ In a small bowl, whisk together the mayonnaise and buttermilk. In a mortar and pestle, mash the garlic and onion with the fine sea salt to create a paste, or use a large heavy knife to mince and mash the garlic and onion with the salt into a paste.
- ☐ Add the garlic-onion paste and dry mustard to the buttermilk mixture and whisk well to combine.
- ☐ Add the chives, parsley, dill, and freshly ground black pepper and whisk well to combine. Season the dressing with additional fine sea salt. DO AHEAD: The dressing can be prepared ahead and refrigerated, in an airtight container, up to 1 week.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:0.61, Inflammation Score:-2, Nutrition Score:2.6004347619803%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 23.15kcal (1.16%), Fat: 1.11g (1.71%), Saturated Fat: 0.58g (3.64%), Carbohydrates: 2.23g (0.74%), Net Carbohydrates: 2.04g (0.74%), Sugar: 1.63g (1.81%), Cholesterol: 3.3mg (1.1%), Sodium: 105.12mg (4.57%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.4%), Vitamin K: 19.93µg (18.98%), Vitamin A: 207.63IU (4.15%), Calcium: 40.66mg (4.07%), Vitamin B2: 0.06mg (3.35%), Vitamin C: 2.72mg (3.3%), Phosphorus: 31.16mg (3.12%), Vitamin D: 0.39µg (2.6%), Selenium: 1.77µg (2.53%), Manganese: 0.05mg (2.38%), Vitamin B12: 0.14µg (2.3%), Potassium: 61.4mg (1.75%), Magnesium: 5.76mg (1.44%), Folate: 5.67µg (1.42%), Vitamin B1: 0.02mg (1.4%), Vitamin B6: 0.03mg (1.38%), Vitamin B5: 0.13mg (1.35%), Zinc: 0.16mg (1.09%)