



Ranch Dressing



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



214 kcal

SIDE DISH

Ingredients

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

- ☐ 0.1 teaspoon sea salt to taste fine
- ☐ 0.5 cup purchased homemade

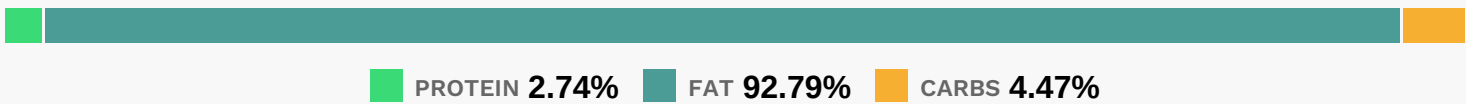
Equipment

- ☐ 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:65.5, Glycemic Load:0.69, Inflammation Score:-2, Nutrition Score:5.0026086309682%

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: 213.55kcal (10.68%), Fat: 22.06g (33.94%), Saturated Fat: 3.86g (24.11%), Carbohydrates: 2.39g (0.8%), Net Carbohydrates: 2.2g (0.8%), Sugar: 1.79g (1.99%), Cholesterol: 15.06mg (5.02%), Sodium: 282.92mg (12.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.93%), Vitamin K: 65.57µg (62.44%), Vitamin E: 0.97mg (6.43%), Vitamin A: 225.83IU (4.52%), Calcium: 42.9mg (4.29%), Phosphorus: 37.04mg (3.7%), Vitamin B2: 0.06mg (3.66%), Selenium: 2.41µg (3.45%), Vitamin C: 2.72mg (3.3%), Vitamin D: 0.45µg (2.97%), Vitamin B12: 0.17µg (2.86%), Manganese: 0.05mg (2.48%), Potassium: 67mg (1.91%), Vitamin B5: 0.18mg (1.83%), Folate: 7.07µg (1.77%), Vitamin B1: 0.02mg (1.59%), Magnesium: 6.04mg (1.51%), Vitamin B6: 0.03mg (1.49%), Zinc: 0.21mg (1.37%), Iron: 0.21mg (1.19%), Copper: 0.02mg (1.17%)