

Ranch Dressing



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



16 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 teaspoon basil dried
- ☐ 0.3 teaspoon optional: dill dried
- ☐ 0.5 teaspoon mustard dry
- ☐ 1 garlic clove minced
- ☐ 0.8 cup buttermilk low-fat
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 teaspoon salt

☐ 0.3 cup cup heavy whipping cream fat-free sour

Equipment

☐ bowl

☐ whisk

Directions

☐ Combine all ingredients in a bowl; stir well with a whisk. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:1.1369565271813%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 16.23kcal (0.81%), Fat: 0.3g (0.46%), Saturated Fat: 0.16g (0.97%), Carbohydrates: 2.53g (0.84%), Net Carbohydrates: 2.41g (0.88%), Sugar: 1.12g (1.25%), Cholesterol: 1.55mg (0.52%), Sodium: 116.34mg (5.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.12%), Calcium: 40.37mg (4.04%), Phosphorus: 29.09mg (2.91%), Vitamin B2: 0.05mg (2.81%), Vitamin K: 1.99µg (1.89%), Selenium: 1.16µg (1.65%), Manganese: 0.03mg (1.58%), Potassium: 50.77mg (1.45%), Magnesium: 4.78mg (1.2%), Vitamin B12: 0.07µg (1.18%), Zinc: 0.15mg (1.01%)