

Ranch Dressing II



Vegetarian



Gluten Free



Popular

READY IN



35 min.

SERVINGS



6

CALORIES



294 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon chives dried
- ☐ 0.5 teaspoon dill weed dried
- ☐ 0.5 teaspoon parsley dried
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.1 teaspoon ground pepper black
- ☐ 1 cup mayonnaise
- ☐ 0.3 teaspoon onion powder
- ☐ 0.1 teaspoon salt

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0.5 cup cup heavy whipping cream sour

Equipment

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bowl

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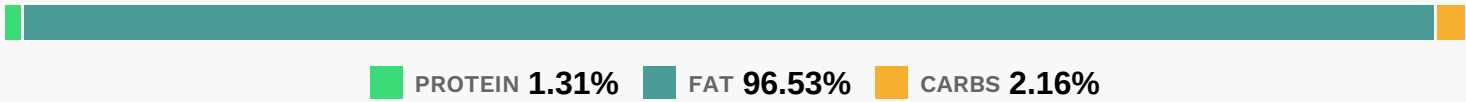
whisk

Directions

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In a large bowl, whisk together the mayonnaise, sour cream, chives, parsley, dill, garlic powder, onion powder, salt and pepper. Cover and refrigerate for 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:0.12, Inflammation Score:-3, Nutrition Score:4.511304318257%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 294.13kcal (14.71%), Fat: 31.67g (48.72%), Saturated Fat: 6.31g (39.42%), Carbohydrates: 1.6g (0.53%), Net Carbohydrates: 1.44g (0.52%), Sugar: 0.88g (0.97%), Cholesterol: 26.99mg (9%), Sodium: 292.1mg (12.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.93%), Vitamin K: 61.33µg (58.41%), Vitamin E: 1.3mg (8.66%), Vitamin A: 429.48IU (8.59%), Vitamin C: 2.96mg (3.58%), Calcium: 27.9mg (2.79%), Vitamin B2: 0.05mg (2.72%), Phosphorus: 25.87mg (2.59%), Selenium: 1.65µg (2.36%), Vitamin B12: 0.09µg (1.42%), Potassium: 49.44mg (1.41%), Magnesium: 5.59mg (1.4%), Vitamin B5: 0.14mg (1.39%), Iron: 0.23mg (1.28%), Vitamin B6: 0.02mg (1.17%), Manganese: 0.02mg (1.11%), Zinc: 0.15mg (1.01%)