



Ranch-Rémoulade Spread



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



239 kcal

CONDIMENT

DIP

SPREAD

Ingredients

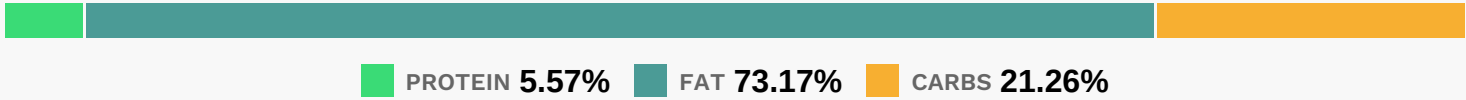
- ☐ 1 tablespoon dijon mustard country-style
- ☐ 0.5 cup dill pickle diced
- ☐ 1 tablespoon dill pickle juice
- ☐ 1 cup mayonnaise
- ☐ 0.3 cup ranch dressing
- ☐ 10 servings vegetables fresh assorted

Equipment

Directions

- ☐ Stir together first 5 ingredients until blended. Cover and chill until ready to serve.
- ☐ Serve with assorted fresh vegetables. Store in refrigerator in an airtight container up to 1 week.
- ☐ Note: For testing purposes only, we used Grey Poupon Country Dijon Mustard.

Nutrition Facts



Properties

Glycemic Index:12.7, Glycemic Load:3.94, Inflammation Score:-10, Nutrition Score:11.010434781728%

Nutrients (% of daily need)

Calories: 238.55kcal (11.93%), Fat: 19.98g (30.74%), Saturated Fat: 3.14g (19.61%), Carbohydrates: 13.06g (4.35%), Net Carbohydrates: 9.28g (3.38%), Sugar: 0.52g (0.58%), Cholesterol: 10.97mg (3.66%), Sodium: 335.52mg (14.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.85%), Vitamin A: 4651.97IU (93.04%), Vitamin K: 45.78µg (43.6%), Fiber: 3.78g (15.1%), Manganese: 0.24mg (11.79%), Vitamin C: 9.62mg (11.66%), Vitamin B1: 0.12mg (8.02%), Phosphorus: 72.32mg (7.23%), Folate: 28.43µg (7.11%), Potassium: 211.5mg (6.04%), Magnesium: 23.58mg (5.9%), Vitamin E: 0.88mg (5.88%), Vitamin B3: 1.16mg (5.79%), Vitamin B2: 0.09mg (5.41%), Iron: 0.97mg (5.39%), Vitamin B6: 0.09mg (4.72%), Copper: 0.09mg (4.65%), Zinc: 0.47mg (3.14%), Calcium: 31.03mg (3.1%), Vitamin B5: 0.24mg (2.43%), Selenium: 1.6µg (2.28%)