



Red Pepper Hummus Salad Dressing

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



50 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons ranch dressing mix dry
- 1 cup water red prepared pepper-flavored
- 0.7 cup milk low-fat
- 2 tablespoons parsley flakes
- 0.5 teaspoon salt

Equipment

- bowl
- whisk

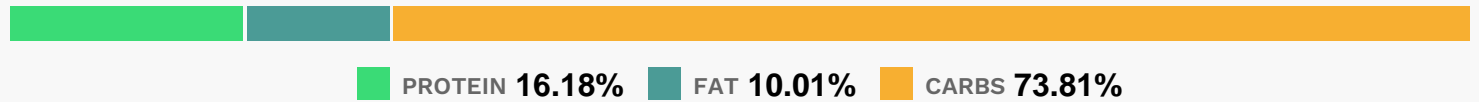
plastic wrap

Directions

Whisk hummus, milk, ranch dressing mix, parsley flakes, and salt together in a bowl.

Cover bowl with plastic wrap and refrigerate until chilled, at least 30 minutes.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.47, Inflammation Score:-8, Nutrition Score:7.6126087955807%

Flavonoids

Apigenin: 45.03mg, Apigenin: 45.03mg, Apigenin: 45.03mg, Apigenin: 45.03mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 50.37kcal (2.52%), Fat: 0.54g (0.83%), Saturated Fat: 0.26g (1.62%), Carbohydrates: 8.96g (2.99%), Net Carbohydrates: 7.91g (2.88%), Sugar: 3.59g (3.99%), Cholesterol: 1.97mg (0.66%), Sodium: 874.53mg (38.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.93%), Vitamin C: 48.93mg (59.31%), Vitamin A: 1262.78IU (25.26%), Vitamin K: 15.46µg (14.72%), Manganese: 0.14mg (7.09%), Vitamin B6: 0.14mg (7.05%), Vitamin B2: 0.11mg (6.5%), Calcium: 63.75mg (6.37%), Phosphorus: 54.56mg (5.46%), Folate: 19.72µg (4.93%), Potassium: 168.03mg (4.8%), Vitamin E: 0.69mg (4.57%), Fiber: 1.05g (4.2%), Vitamin B12: 0.24µg (4%), Magnesium: 13.2mg (3.3%), Vitamin B1: 0.04mg (2.97%), Vitamin D: 0.43µg (2.88%), Vitamin B5: 0.27mg (2.71%), Vitamin B3: 0.51mg (2.54%), Iron: 0.38mg (2.13%), Zinc: 0.32mg (2.12%), Selenium: 1µg (1.44%)