



Skinny Ranch Dressing

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



12

CALORIES



26 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup buttermilk
- ☐ 0.5 cup yogurt plain fat free yoplait® (from 2-lb container)
- ☐ 1 tablespoon chives fresh chopped
- ☐ 2 teaspoons parsley fresh chopped
- ☐ 0.1 teaspoon garlic powder
- ☐ 0.3 cup mayonnaise reduced-fat
- ☐ 0.1 teaspoon pepper
- ☐ 0.1 teaspoon salt

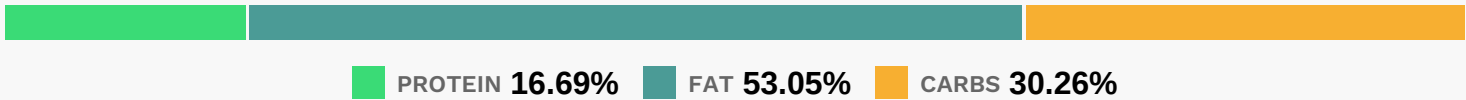
Equipment

☐ bowl

Directions

☐ In small bowl, mix ingredients until blended. Cover; refrigerate 1 hour to blend flavors. Store in refrigerator up to 2 days.

Nutrition Facts



Properties

Glycemic Index:12.08, Glycemic Load:0.23, Inflammation Score:-1, Nutrition Score:1.2008695646149%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 26.36kcal (1.32%), Fat: 1.55g (2.39%), Saturated Fat: 0.46g (2.87%), Carbohydrates: 1.99g (0.66%), Net Carbohydrates: 1.98g (0.72%), Sugar: 1.69g (1.88%), Cholesterol: 2.6mg (0.87%), Sodium: 86.47mg (3.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.2%), Calcium: 38.23mg (3.82%), Vitamin K: 3.41µg (3.25%), Phosphorus: 29.79mg (2.98%), Vitamin B2: 0.05mg (2.95%), Vitamin B12: 0.13µg (2.19%), Selenium: 1.05µg (1.51%), Potassium: 49.21mg (1.41%), Vitamin D: 0.19µg (1.3%), Vitamin B5: 0.13mg (1.27%), Zinc: 0.16mg (1.08%)