



Spicy Ranch Dressing

READY IN



70 min.

SERVINGS



6

CALORIES



89 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup buttermilk
- ☐ 1 pinch cayenne pepper
- ☐ 1 teaspoon optional: dill dried
- ☐ 0.3 cup loose flat-leaf parsley fresh italian packed
- ☐ 1 clove garlic
- ☐ 1 pinch ground pepper white
- ☐ 1.5 teaspoons kosher salt divided
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 teaspoon dehydrated onion flakes

- ☐ 1 teaspoon cracked pepper fresh black
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 2 drops worcestershire sauce

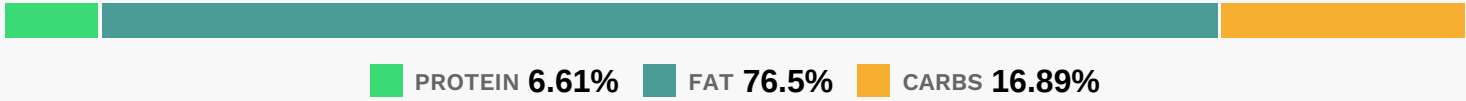
Equipment

- ☐ bowl
- ☐ knife
- ☐ blender

Directions

- ☐ Mince the garlic and then add 1/2 teaspoon kosher salt and mash with the edge of the knife until a paste is formed.
- ☐ Add this to a blender with the remaining ingredients. Puree and taste to adjust seasoning.
- ☐ Remove and place in a small bowl and refrigerate for 1 hour.

Nutrition Facts



Properties

Glycemic Index:26.17, Glycemic Load:0.26, Inflammation Score:-4, Nutrition Score:4.4665217036786%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 88.9kcal (4.45%), Fat: 7.82g (12.03%), Saturated Fat: 4.07g (25.45%), Carbohydrates: 3.88g (1.29%), Net Carbohydrates: 3.58g (1.3%), Sugar: 2.21g (2.45%), Cholesterol: 23.72mg (7.91%), Sodium: 610.21mg (26.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.04%), Vitamin K: 42.22µg (40.21%), Vitamin A: 486.13IU (9.72%), Vitamin C: 5.34mg (6.47%), Calcium: 62.31mg (6.23%), Vitamin B2: 0.09mg (5.15%), Phosphorus: 44.43mg

(4.44%), Manganese: 0.08mg (4.06%), Potassium: 106.61mg (3.05%), Selenium: 1.93µg (2.75%), Vitamin B6: 0.05mg (2.31%), Magnesium: 8.6mg (2.15%), Vitamin B12: 0.13µg (2.11%), Folate: 8.33µg (2.08%), Vitamin B5: 0.2mg (1.99%), Iron: 0.35mg (1.95%), Zinc: 0.23mg (1.51%), Vitamin B1: 0.02mg (1.44%), Copper: 0.03mg (1.27%), Vitamin E: 0.19mg (1.25%), Fiber: 0.3g (1.2%)