



Spicy Ranch Dressing II

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



3

CALORIES



91 kcal

SIDE DISH

Ingredients

- 0.3 cup buttermilk
- 0.3 teaspoon pepper black
- 1 tablespoon horseradish prepared
- 0.5 teaspoon hot sauce hot
- 0.5 cup cream sour

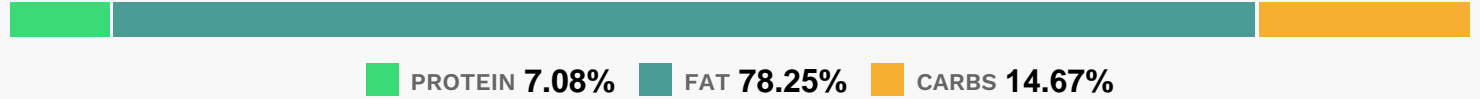
Equipment

- bowl

Directions

- In a medium bowl, stir together the sour cream, buttermilk, horseradish, hot pepper sauce, and pepper.
- Transfer to a jar, cover, and store in the refrigerator until needed.

Nutrition Facts



Properties

Glycemic Index:32.67, Glycemic Load:0.46, Inflammation Score:-2, Nutrition Score:2.2473913184975%

Nutrients (% of daily need)

Calories: 91.19kcal (4.56%), Fat: 8.14g (12.52%), Saturated Fat: 4.26g (26.62%), Carbohydrates: 3.43g (1.14%), Net Carbohydrates: 3.22g (1.17%), Sugar: 2.69g (2.99%), Cholesterol: 24.82mg (8.27%), Sodium: 71.54mg (3.11%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 1.66g (3.31%), Calcium: 65.31mg (6.53%), Vitamin B2: 0.1mg (5.93%), Vitamin A: 273.91IU (5.48%), Phosphorus: 48.02mg (4.8%), Selenium: 2.31µg (3.29%), Vitamin B12: 0.17µg (2.88%), Potassium: 90.39mg (2.58%), Vitamin C: 2.09mg (2.53%), Vitamin B5: 0.21mg (2.13%), Magnesium: 7.5mg (1.88%), Vitamin D: 0.26µg (1.73%), Zinc: 0.25mg (1.64%), Manganese: 0.03mg (1.64%), Folate: 6.22µg (1.55%), Vitamin B6: 0.03mg (1.4%), Vitamin B1: 0.02mg (1.19%), Vitamin E: 0.16mg (1.08%)