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Lite Ranch Dressing ^{••}

Lite Ranch Dressing is a low-calorie version of the classic ranch dressing. It is a creamy and tangy dressing that is perfect for salads, vegetables, and dipping. This dressing is made with reduced-fat mayonnaise, buttermilk, and a blend of herbs and spices. It is a versatile and flavorful dressing that can be enjoyed by everyone.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 240 grams

Number of Servings: 16

Serving Size: 15 g

Ingredients

1 c	reduced-fat mayonnaise
1 c	Buttermilk
1 tbsp	Dried Parsley
1 tsp	dried dill weed
1 tsp	Dried Chives

1 tsp	Garlic powder
1 tsp	Onion powder
1 tsp	Salt
1 tsp	Black pepper

Directions

Step 1

In a large bowl, whisk together the reduced-fat mayonnaise and buttermilk until smooth.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Add the dried parsley, dried dill weed, dried chives, garlic powder, onion powder, salt, and black pepper. Whisk until well combined.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 50 kcal

Fat: 4 g

Protein: 1 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	0 g	0%	0%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%
Cholesterol	5 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	2 mg	0.2%	0.2%
Iron	0 mg	0%	0%
Potassium	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Events

Christmas

Father's Day

Graduation

Barbecue

Picnic

Cuisines

French

Vietnamese

Nutritional Content

Low Calorie

Low Fat

Low Carb

High Fiber

Low Sodium

Kitchen Tools

Blender

Course

Appetizers

Salads

Sauces & Dressings

Cultural

Diwali

Easter

Demographics

Kids Friendly

Teen Friendly

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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