



Healthdor

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Spicy Ranch ♦

A flavorful ranch dressing with a spicy kick. Perfect for salads, dipping, and more.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 250 grams

Number of Servings: 10

Serving Size: 25 g

Ingredients

1 c	mayonnaise
1 c	sour cream
1 c	buttermilk
1 tsp	Garlic powder
1 tsp	Onion powder
1 tsp	Dried Dill
0.5 tsp	Cayenne pepper

0.5 tsp Salt

0.25
tsp Black pepper

Directions

Step 1

Mixing

In a large bowl, whisk together mayonnaise, sour cream, and buttermilk until smooth.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stirring

Add garlic powder, onion powder, dried dill, cayenne pepper, salt, and black pepper. Stir well to combine.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Refrigerating

Refrigerate for at least 1 hour to allow the flavors to meld together.

Prep Time: 0 mins

Cook Time: 60 mins

Nutrition Facts

Calories: 90 kcal

Fat: 10 g

Protein: 0 g

Carbohydrates: 1 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	0 g	0%	0%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	1 g	1.82%	2%
Fibers	0 g	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	3 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	10 g	35.71%	40%
Cholesterol	10 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%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Events

Christmas Barbecue

Course

Snacks Sauces & Dressings

Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest
 Passover Ramadan St. Patrick's Day Thanksgiving Christmas Easter
 Halloween

Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$30 to \$40

Meal Type

Snack Supper

Difficulty Level

Easy

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