



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Avocado Ranch Dressing ·•

A creamy and flavorful dressing made with ripe avocados and ranch seasoning. Perfect for salads, sandwiches, and dipping!

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 10

**Serving Size:** 20 g

### Ingredients

<b>200 g</b>	ripe avocados
<b>30 g</b>	ranch seasoning
<b>30 ml</b>	Lemon juice
<b>100 g</b>	Greek yogurt
<b>5 g</b>	Garlic powder
<b>5 g</b>	Salt

2 g	Black pepper
50 ml	Water

## Directions

---

### Step 1

Blender

In a blender, combine the avocados, ranch seasoning, lemon juice, Greek yogurt, garlic powder, salt, black pepper, and water.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 2

Blender

Blend until smooth and creamy.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

---

### Step 3

Taste and adjust seasoning if needed.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

---

## Step 4

Refrigerating

Transfer to a jar or container and refrigerate for at least 1 hour before serving.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 100 kcal

**Fat:** 10 g

**Protein:** 5 g

**Carbohydrates:** 5 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	3 g	7.89%	12%
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	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	500 iu	55.56%	71.43%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	50 mg	5%	5%
Iron	1 mg	12.5%	5.56%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Picnic

### Course

Sauces & Dressings Salads Side Dishes Desserts Snacks

### Diet

South Beach Diet

## Nutritional Content

Low Calorie

## Cultural

Diwali

Easter

Halloween

## Cost

\$10 to \$20

\$20 to \$30

## Demographics

Kids Friendly

Teen Friendly

Allergy Friendly

## Meal Type

Lunch

Snack

Supper

## Difficulty Level

Easy

Visit our website: [healthdor.com](https://healthdor.com)