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# **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**

200 g	ripe avocados
30 g	ranch seasoning
30 ml	Lemon juice
100 g	Greek yogurt
5 g	Garlic powder
5 g	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

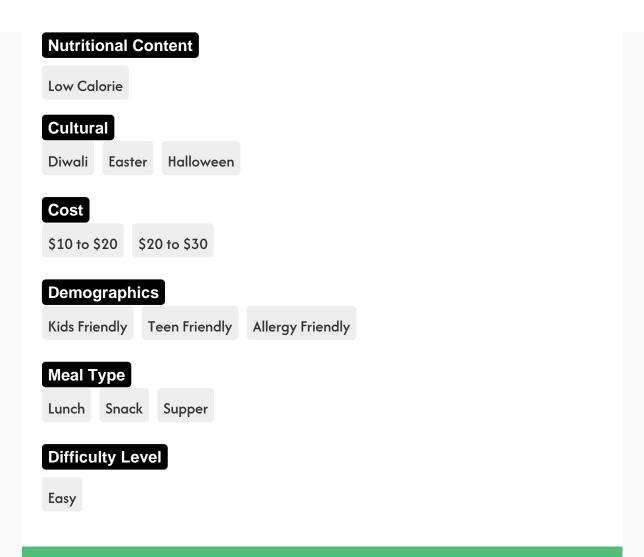
Picnic

Course

Sauces & Dressings Salads Side Dishes Desserts Snacks

Diet

South Beach Diet



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