



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Mexi-Ranch Dressing [♦]

Mexi-Ranch Dressing is a creamy and flavorful dressing that combines the zesty flavors of Mexican cuisine with the coolness of ranch dressing. It is perfect for salads, tacos, and as a dipping sauce.

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

1 c	mayonnaise
1 c	sour cream
2 tbsp	taco seasoning
2 tbsp	ranch dressing mix
2 tbsp	Lime juice

2 tbsp Cilantro

Directions

Step 1

Mixing

In a mixing bowl, combine mayonnaise, sour cream, taco seasoning, ranch dressing mix, lime juice, and cilantro.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stirring

Stir well until all ingredients are thoroughly combined.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Refrigerating

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

Prep Time: 0 mins

Cook Time: 60 mins

Nutrition Facts

Calories: 100 kcal

Fat: 10 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	4 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	250 iu	27.78%	35.71%
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	20 mg	2%	2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	1 mg	12.5%	5.56%
Potassium	30 mg	0.88%	1.15%
Zinc	0 mg	0%	0%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Cuisines

Mexican

Kitchen Tools

Slow Cooker

Blender

Events

Picnic

Course

Salads

Sauces & Dressings

Appetizers

Side Dishes

Desserts

Drinks

Breads

Soups

Snacks

Cultural

Chinese New Year

Cost

Under \$10

Meal Type

Brunch

Lunch

Snack

Difficulty Level

Easy

Visit our website: healthdor.com