



Healthdor

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Ranch ^{••}

Ranch dressing is a popular salad dressing and dip that originated in the United States. It is typically made with a base of buttermilk, mayonnaise, and various herbs and spices. Ranch dressing is commonly used as a topping for salads, as a dip for vegetables and fried foods, and as a sauce for sandwiches and wraps.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 100 grams

Number of Servings: 10

Serving Size: 10 g

Ingredients

1 c	Buttermilk
1 c	mayonnaise
1 tsp	Garlic powder
1 tsp	Onion powder
1 tsp	Dried Dill

1 tsp	Dried Parsley
1 tsp	Salt
1 tsp	Pepper

Directions

Step 1

Mixing

In a bowl, combine the buttermilk and mayonnaise.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

Add the garlic powder, onion powder, dried dill, dried parsley, salt, and pepper. Mix well.

Prep Time: 5 mins

Cook Time: 0 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)
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Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	5 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
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	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%
Iron	0 mg	0%	0%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%

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

Recipe Attributes

Cuisines

Italian

Course

Appetizers

Salads

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Hanukkah

Halloween

Cost

\$10 to \$20

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Diet

Mediterranean Diet

Flexitarian Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Paleo Diet

Atkins Diet

Vegetarian Diet

Vegan Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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