



Healthdor

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## Reduced Fat Ranch ♦♦

A healthier version of ranch dressing with reduced fat content.

**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>160 g</b>	Greek yogurt
<b>60 ml</b>	buttermilk
<b>1 tsp</b>	Garlic powder
<b>1 tsp</b>	Onion powder
<b>1 tsp</b>	Dried Dill
<b>1 tsp</b>	Dried Parsley
<b>0.5 tsp</b>	Salt

0.5 tsp Black pepper

## Directions

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### Step 1

In a bowl, combine Greek yogurt and buttermilk.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

**Stirring**

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

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 3

**Refrigerating**

Refrigerate for at least 1 hour before serving.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

**Calories:** 35 kcal

**Fat:** 1 g

**Protein:** 4 g

**Carbohydrates:** 4 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	4 g	7.27%	8%
Fibers	0 g	0%	0%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	1 g	3.57%	4%
Cholesterol	2 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1 iu	0.11%	0.14%
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	140 mg	6.09%	6.09%
Calcium	4 mg	0.4%	0.4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	0 mg	0%	0%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Nutritional Content

Low Fat

### Kitchen Tools

Blender

### Course

Salads

Snacks

Sauces & Dressings

### Cultural

Chinese New Year

Easter

### Cost

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

### Demographics

Senior Friendly

Diabetic Friendly

Heart Healthy

### Diet

Mediterranean Diet

Flexitarian Diet

Volumetrics Diet

Vegetarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Medium

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