



Healthdor

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Heartland Ranch Dipping Sauce ♦

A creamy and flavorful dipping sauce inspired by the heartland of America. Perfect for dipping vegetables, chips, or chicken tenders.

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
1 c	buttermilk
1 tsp	Dried Dill
1 tsp	Garlic powder
1 tsp	Onion powder

1 tsp Salt

1 tsp Black pepper

Directions

Step 1

Mixing

In a large mixing bowl, combine mayonnaise, sour cream, and buttermilk.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stirring

Add dried dill, garlic powder, onion powder, salt, and black pepper to the bowl. Stir well to combine.

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	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	10 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

Events

Christmas Barbecue Picnic

Course

Appetizers Sauces & Dressings

Cultural

Chinese New Year

Cost

Over \$50

Demographics

Kids Friendly Teen Friendly Heart Healthy

Diet

Mediterranean Diet Vegetarian Diet Vegan Diet The Cookie Diet
The F-Plan Diet The Master Cleanse Diet

Cooking Method

Microwaving Simmering Cutting Cut

Meal Type

Snack Supper

Difficulty Level

Easy

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