



## Ranch Dressing

This dressing can be used on salads or served as a dip with vegetables.

<u>U.S.</u>		<u>Metric</u>
3/4 cup	Yogurt, Greek, Low-fat	235 ml
1/4 cup	Sour Cream, Low-fat	60 ml
1/3 cup	Buttermilk	80 ml
1 tsp	Apple Cider Vinegar	5 ml
3/4 tsp	Sugar	3g
1 1/2 tsp	Garlic Powder	4.5g
1 Tbsp	Parsley, dried	1.5g
1 1/2 Tbsp	Chives, dried	4.5g
1 tsp	Onion Powder	2.5g
1/4 tsp	Salt	1.2g

### **Preparation:**

1. Gather all ingredients and equipment.
2. In a large mixing bowl, combine all ingredients and mix well.
3. Refrigerate until ready to use.

**\*\* Nutrition Facts on Reverse**

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## Nutrition Facts

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11 Servings

**Serving size**                      **2 Tbsp**

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**Amount per serving**

**Calories**                              **30**

Calories from Fat                      10

**Total Fat**                              1 g

    Saturated Fat                      0.5 g

    Trans Fat                              0 g

    Monounsaturated Fat              0 g

**Cholesterol**                          5 mg

**Sodium**                                  60 mg

**Total Carbohydrate**              2 g

    Dietary Fiber                      0 g

    Total Sugars                        1 g

        Includes 0 g Added Sugars

**Protein**                                  2 g

Vitamin D                                0 %

Calcium                                    2 %

Iron                                         0 %

Potassium                                37.37 mg

Phosphorus                                7.73 mg

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