

Buttermilk Ranch Dressing

Yield: 24 servings

Gluten-free

RECIPE CUSTOMIZATION

To make it dairy-free, replace buttermilk, sour cream, and mayonnaise for a dairy-free alternative or 1¼ cups of Tofutti

To make it low-FODMAP, omit garlic. If avoiding gluten, double-check that your Worcestershire Sauce is gluten-free.

Ingredients

¾ cup buttermilk
½ cup sour cream
½ cup mayonnaise
1 clove garlic, minced
1 Tbsp lemon juice, fresh squeezed
½ tsp Worcestershire sauce
2 shakes tabasco
2 Tbsp parsley, fresh chopped
1 Tbsp chives, fresh chopped
1 tsp dill, fresh chopped
½ tsp black pepper, finely ground
1½ tsp salt, kosher

Directions

1. Place all ingredients in a non-reactive (stainless or glass) mixing bowl.
2. Fold ingredients together until combined.



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Nutrition Facts

Serving size 1 (.7oz)

Amount Per Serving **20g**

Calories 42

% Daily Value

Total Fat 4g **6%**

Saturated Fat 0.9g **4%**

Cholesterol 4mg **1%**

Sodium 198mg **8%**

Total Carbohydrate 1g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 1g **1%**

Vitamin A **3%**

Vitamin C **3%**

Calcium **2%**

Iron **1%**