

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%