Empower/Optimal Wellness For Life Programs



Buttermilk Ranch Dressing



Servings: 8

Ingredients:



Calories 145.2 kcal 7 ° Total Fat 15.6 g 24 ° Saturated Fat 2.5 g 13 ° Trans Fat 0 g Cholesterol 9.3 mg 3 ° Sodium 159.4 mg 7 ° Total Carbohydrate 0.6 g 0 ° Dietary Fiber 0.1 g 0 ° Sugars 0.5 g Protein 0.6 g 1 ° Vitamin A 4 % • Vitamin C 4 ° Calcium 2 % • Iron 1 ° * Percent Daily Values are based on a 2,000 calorie diet. Your		tbsp)	
Total Fat 15.6 g 24 g Saturated Fat 2.5 g 13 g Trans Fat 0 g Cholesterol 9.3 mg 3 g Sodium 159.4 mg 7 g Total Carbohydrate 0.6 g 0 g Dietary Fiber 0.1 g 0 g Sugars 0.5 g Protein 0.6 g 1 g Vitamin A 4 % • Vitamin C 4 g Calcium 2 % • Iron 1 g • Percent Daily Values are based on a 2,000 calorie diet. Your			% Daily Value*
Saturated Fat 2.5 g 13 c Trans Fat 0 g Cholesterol 9.3 mg 3 c Sodium 159.4 mg 7 c Total Carbohydrate 0.6 g 0 c Dietary Fiber 0.1 g 0 c Sugars 0.5 g Protein 0.6 g 1 c Vitamin A 4 % • Vitamin C 4 c Calcium 2 % • Iron 1 c * Percent Daily Values are based on a 2,000 calorie diet. Your	Calories	145.2 kcal	7 %
Trans Fat 0 g Cholesterol 9.3 mg 3 G Sodium 159.4 mg 7 G Total Carbohydrate 0.6 g 0 G Dietary Fiber 0.1 g 0 G Sugars 0.5 g Protein 0.6 g 1 G Vitamin A 4 % • Vitamin C 4 G Calcium 2 % • Iron 1 G * Percent Daily Values are based on a 2,000 calorie diet. Your	Total Fat	15.6 g	24 %
Cholesterol 9.3 mg 3 °C Sodium 159.4 mg 7 °C Total Carbohydrate 0.6 g 0 °C Dietary Fiber 0.1 g 0 °C Sugars 0.5 g 0 °C Protein 0.6 g 1 °C Vitamin A 4 % • Vitamin C 4 °C Calcium 2 % • Iron 1 °C * Percent Daily Values are based on a 2,000 calorie diet. Your 1 °C	Saturated Fat	2.5 g	13 %
159.4 mg	114110 1 41		
Dietary Fiber			3 %
Dietary Fiber 0.1 g 0.6 g Sugars 0.5 g Protein 0.6 g 1.9 Vitamin A 4 % • Vitamin C 4.9 Calcium 2 % • Iron 1.9 Percent Daily Values are based on a 2,000 calorie diet. Your	Sodium	159.4 mg	7 %
Sugars 0.5 g Protein 0.6 g 1 g Vitamin A 4 % • Vitamin C 4 g Calcium 2 % • Iron 1 g * Percent Daily Values are based on a 2,000 calorie diet. Your	Total Carbohydrate	0.6 g	0 %
Protein 0.6 g 1 g Vitamin A 4 % • Vitamin C 4 g Calcium 2 % • Iron 1 g • Percent Daily Values are based on a 2,000 calorie diet. Your	Dietary Fiber	0.1 g	0 %
Vitamin A 4 % • Vitamin C 4 9 Calcium 2 % • Iron 1 9 * Percent Daily Values are based on a 2,000 calorie diet. Your	Sugars	0.5 g	
Calcium 2 % • Iron 1 9 * Percent Daily Values are based on a 2,000 calorie diet. Your	Protein	0.6 g	1 %
Percent Daily Values are based on a 2,000 calorie diet. Your	Vitamin A	4 % • Vitamin C	4 %
	Calcium 2	2 % • Iron	1 %
daily values may be higher or lower depending on your calorie needs. Full Info at cronometer.com	daily values may be higher needs.	or lower depending	

<u>Note:</u> to make buttermilk if you don't have any on hand, take $\frac{1}{4}$ cup of 2% or whole milk, or vegan milk, and add 1 tsp of lemon juice or white vinegar, stir, let sit for 10 minutes.

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Whisk together the mayonnaise, herbs and a generous pinch of salt in a small bowl. Whisk in the buttermilk and a couple turns of freshly ground black pepper until blended.

*Store in refrigerator in a jar with a lid up to 2 weeks.