



## Ranch Dressing

**Yield: 11 servings**

### Ingredients

- ¾ cup low-fat Greek yogurt
- ¼ cup low-fat sour cream
- ⅓ cup buttermilk
- 1 teaspoon apple cider vinegar
- ¾ teaspoon sugar
- 1½ teaspoons garlic powder
- 1 tablespoon dried parsley
- 1½ tablespoons dried chives
- 1 teaspoon onion powder
- ¼ teaspoon kosher salt

### Instructions

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

### Nutrition Information

**Serving Size:** 2 tablespoons  
Calories: 27  
Total Fat: 1 g  
Saturated Fat: 1 g  
Monounsaturated Fat: 0 g  
Sodium: 61 mg  
Total Carbohydrate: 2 g  
Dietary Fiber: 0 g  
Sugars, other: 2 g  
Protein: 2 g

Source: Goldring Center for Culinary Medicine



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