AMERICAN · SAUCE

Buttermilk Ranch Dressing with Fresh Herbs

10 min · Makes 13 × 2 tbsp · 82 kcal a portion · Video 6:06 · allthingsbbq

Vegetarian · Gluten-free ingredients · Nut-free

Fresh parsley, dill, chives and garlic give the flavour instead of a seasoning packet, with about 1 g of net carbs and under 1 g of sugar a portion.

Diet notes: Keto (1.1 g net carbs a serve).

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Ingredients 10 · MAKES 13 × 2 TBSP

- [ ] ½ cup **sour cream**
- [ ] ½ cup **mayonnaise**
- [ ] 1 tbsp minced **fresh chives**
- [ ] 1 tbsp minced **fresh dill**
- [ ] ¼ cup minced **flat-leaf parsley**
- [ ] 1 clove **garlic**, finely grated
- [ ] 1 tsp **fresh lemon juice**
- [ ] ½ cup **buttermilk** (less for a thicker dip)
- [ ] **hickory-smoked flake salt** (or plain salt), to taste (about ¼ tsp fine salt)
- [ ] **black pepper**, to taste (about ¼ tsp)

Contains: Egg, Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the sour cream and mayonnaise in a bowl. 0:43
2. Mince the chives, dill and parsley finely and add them, then grate in the garlic on a fine grater so it is almost a paste. Add the lemon juice and whisk. 1:28
3. Whisk in the buttermilk a little at a time until the dressing is as thick or thin as you like it: the written recipe uses ½ cup for a pourable dressing, while in the video he stops at about 3 tbsp. 3:37
4. Season with the smoked flake salt and black pepper and whisk for about 30 seconds so the salt dissolves. Taste and adjust. 4:03
5. Use straight away or keep covered in the fridge for up to a week. Whisk by hand to keep it white and textured, or blend it for a bright green dressing.

> **Tip** Makes about 1⅔ cups. Use less buttermilk for a thick dip for carrot and capsicum sticks, as the cook suggests; it is also good on burgers and grilled meat.

The method is a summary in our words — the video shows every step.

One portion (2 tbsp) gives you 1 OF 13 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
82 kcal	0.7 g	1.1 g	0.1 g	8.4 g	110 mg
340 kJ	1% of a day	1.1 g net · 0.8 g sugars	0% of a day	2.1 g saturated	5% of a day
		0% of a day		11% of a day	

Energy from net carbs 5% · protein 3% · fat 92% — fits keto: 1.1 g net carbs, 92% of the energy from fat

High in (20%+ of a day) Omega-3 38% · Vitamin K 28%

Recipe and video: allthingsbbq (@allthingsbbq) on YouTube — youtube.com/watch?v=cqRJPfi234o, published 24 April 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/buttermilk-ranch-fresh-herbs