



Ranch Dressing

USDA Recipe for CACFP

Ranch Dressing is a delicious combination of low-fat buttermilk, fat-free sour cream, and spices.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Buttermilk, low-fat		1¾ cup		3½ cup	1 Combine buttermilk, lemon juice, yogurt, sour cream, mayonnaise, onion powder, garlic powder, pepper, chives, parsley, salt, and sugar in a large bowl. Stir well.
Lemon juice		2⅓ tsp		1 Tbsp 1⅔ tsp	
Yogurt, low-fat, plain	5 oz	½ cup 2 Tbsp	10 oz	1¼ cup	
Sour cream, fat-free	2 oz	¼ cup	4 oz	½ cup	
Mayonnaise, low-fat	6½ oz	½ cup 1 Tbsp 1½ tsp	13 oz	1 cup 3 Tbsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Onion powder		1 Tbsp		2 Tbsp	
Garlic powder		1 Tbsp		2 Tbsp	
Black pepper, ground		½ tsp		1 tsp	
Chives, dried		½ tsp		1 tsp	
Parsley, dried		1½ tsp		1 Tbsp	
Salt		1 tsp		2 tsp	
Sugar		1 tsp		2 tsp	
					<p>2 Pour 3 cups (about 1 lb 11 ½ oz) Ranch Dressing into a container.</p> <p>For 25 servings, use a 1 qt container. For 50 servings, use a 2 qt container.</p>
					<p>3 Cover and refrigerate.</p>
					<p>4 Critical Control Point: Cool to 40 °F or lower within 4 hours.</p>
					<p>5 Critical Control Point: Hold at 40 °F or below.</p>
					<p>6 Portion using a 1 fl oz ladle (⅛ cup).</p>



NUTRITION INFORMATION

For 1/8 cup (1 fl oz ladle).

NUTRIENTS	AMOUNT
Calories	23
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Total Fat	1 g
Saturated Fat	0 g
Cholesterol	1 mg
Sodium	196 mg
Total Carbohydrate	3 g
Dietary Fiber	1 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	1 g
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Vitamin D	0 IU
Calcium	37 mg
Iron	0 mg
Potassium	35 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

YIELD/VOLUME

25 Servings	50 Servings
About 1 lb 11 1/2 oz	About 3 lb 7 oz
About 3 1/2 cup/1 qt container	About 1 qt 2 7/8 cup/2 qt container

