



Ranch Dressing

USDA Recipe for Schools

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

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Buttermilk, low-fat		3½ cup		1 qt 3 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		1 Tbsp 1⅓ tsp		3 Tbsp ⅓ tsp	
Yogurt, low-fat, plain	10 oz	1¼ cup	1 lb 4 oz	2½ cup	
Sour cream, fat-free	4 oz	½ cup	8 oz	1 cup	
Mayonnaise, low-fat	13 oz	1 cup 3 Tbsp	1 lb 10 oz	2¼ cups 2 Tbsp	
Onion powder		2 Tbsp		¼ cup	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Garlic powder		2 Tbsp	2½ oz	¼ cup	
Black pepper, ground		1 tsp		2 tsp	
Chives, dried		1 tsp		2 tsp	
Parsley, dried		1 Tbsp		2 Tbsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Sugar		2 tsp		1 Tbsp 1 tsp	
					<p>2 Pour 3 cups (about 1 lb 11½ oz) Ranch Dressing into a container.</p> <p>For 50 servings, use a 2 qt container. For 100 servings, use a 1 gal container.</p>
					<p>3 Cover and refrigerate.</p>
					<p>4 Critical Control Point: Cool to 41 °F or lower within 4 hours.</p>
					<p>5 Critical Control Point: Hold at 41 °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
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
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

50 Servings	100 Servings
About 3 lb 7 oz	About 6 lb 14 oz
About 1 qt 2 ⁷ / ₈ cup/2 qt container	About 3 qt 1 ³ / ₄ cup/1 gal container

