

Gluten Free Keto Friendly Ranch Dressing 2

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Here is a different recipe for the **ranch dressing** that I posted earlier.

This is a low carb, gluten free ranch dressing

Ingredients:

- 2 Tbsp **dried parsley**
- 1/2 tsp **dried dill**
- 1/2 tsp **garlic granules**
- 1/2 tsp **onion powder**
- 1/4 tsp **basil**
- 1.5 cups of Hellmans REAL **Mayo**(full fat)
- .5 cups of Heavy cream

Directions:

1. Mix all together in a **mixing bowl** using a **wire whisk**

If the ranch flavor does not stand out for you, you can double the seasonings. This version has trace amounts of carbs where the other one did have a bit more carbs and MSG.

Other recipes use sour cream, which sour cream has carbs in it. Heavy whipping cream or heavy cream and the Hellmans REAL mayo has 0 carbs.



The below assumes that this would make about 5 servings

The carbs in this count come from the garlic and onion powder, which some say that it can be negated.

Nutrition Facts

Servings 5.0

Amount Per Serving

calories 509

% Daily Value *

Total Fat 53 g 81 %

Saturated Fat 13 g 64 %

Monounsaturated Fat 14 g

Polyunsaturated Fat 28 g

Trans Fat 0 g

Cholesterol 56 mg 19 %

Sodium 437 mg 18 %

Potassium 47 mg 1 %

Total Carbohydrate 1 g 0 %

Dietary Fiber 0 g 1 %

Sugars 0 g

Protein 1 g 1 %

Vitamin A 7 %

Vitamin C 1 %

Calcium 1 %

Iron 1