

## Gluten Free Keto Friendly Ranch Dressing 2

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

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