



Ranch Dressing

Yield: 1 cup

Ingredients

- 1 cup nonfat plain Greek yogurt
- 2 tablespoons lemon juice
- 2 tablespoons ranch seasoning
(see recipe)
- 2 teaspoons sugar

Instructions

1. In a medium bowl, add all ingredients and mix well.

Nutrition Information

Serving Size: 2 tablespoons

Calories: 27
Total Fat: 0.2 g
Saturated Fat: 0 g
Monounsaturated Fat: 0 g
Polyunsaturated Fat: 0 g
Sodium: 104 mg
Total Carbohydrate: 3 g
Dietary Fiber: 0 g
Sugars: 2.3 g
Protein: 4 g

Source: Health meets Food



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