

Easy Keto Ranch Dressing

Hands-on 5 minutes Overall 5 minutes

Nutritional values (per serving, 1/4 cup): Total carbs: 1.9 g, Fiber: 0.3 g, **Net carbs: 1.6 g**,

Protein: 1 g, Fat: 25.1 g, Calories: 234 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes ~ 1 1/4 cup, 4-6 servings)

1/4 cup sour cream (58 g/ 2 oz)

1/4 cup heavy whipping cream (60 ml)

1/2 cup mayonnaise (you can make your own) (110 g/ 3.9 oz)

2 medium spring onions (30 g/ 1.1 oz)

1 clove garlic

2 tbsp freshly chopped parsley *or* 2 tsp dried parsley

1 tbsp freshly chopped dill *or* 1 tsp dried dill

1 tbsp apple cider vinegar *or* fresh lemon juice

1/4 tsp paprika

salt and pepper to taste (I like pink Himalayan salt)

Optional: 1-2 tablespoons of water if too thick

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Dairy-free option:

instead of sour cream: 1/4 cup mayonnaise *or* "creamed" coconut milk

instead of heavy whipping cream: 1/4 cup coconut milk (I like Aroy-D)

Instructions

1. Finely chop the herbs and spring onion. Peel and mince the garlic.
Place the sour cream, heavy whipping cream and mayonnaise in a bowl.
2. Add the chopped herbs, garlic, spring onion, vinegar, paprika, salt and pepper to the bowl. Mix until well combined. Serve immediately or store in the fridge in an airtight container for up to 5 days.

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