Humane World for Animals™

Ranch dressing

Recipe group	Additional name	Diet factors	Portions	Portion size
Condiment, American	Condiments	VG, GF, NF	12	2.03 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	2 1/2 cup	1 lb 3.75 oz	0%	1 lb 3.75 oz	Vegan Mayonnaise	Ranch dressing: In a large mixing bowl, add all ingredients in step 1 and whisk to combine. Store in cooler until service.
	1/2 cup	4 oz	0%	4 oz	Non-Dairy Milk, Soy, unsweetened	
	2 tbsp	0.10 oz	0%	0.10 oz	Parsley Flakes, dried, whole flakes	
	1 tsp	0.17 oz	0%	0.17 oz	Vinegar, Apple Cider	
	1 tsp	0.11 oz	0%	0.11 oz	Garlic, powder	
	1 tsp	0.08 oz	0%	0.08 oz	Onion, powder	
	1/2 tsp	0.05 oz	0%	0.05 oz	Salt, Kosher	
	1/2 tsp	0.02 oz	0%	0.02 oz	Dill Weed, dried	
	1/3 tsp	0.03 oz	0%	0.03 oz	Pepper, Black, table grind	



Ranch dressing

MEMO

-

© Copyright 1990-2026 JAMIX

Humane World for Animals™

NUTRITION INFORMATION

per portion

Energy nutritives		% of energy
Total fat	15.01 g	85.07 %
Saturated	1.39 g	7.87 %
Monounsaturated	2.49 g	14.11 %
Polyunsaturated	7.85 g	44.47 %
Trans fatty acids	0.07 g	0.40 %
Cholesterol	0.00 mg	
Linolenic acid	6.78 g	38.46 %
Alpha-linolenic acid	4.55 mg	0.03 %
Total Carbohydrate	2.12 g	5.52 %
Sugars total	0.47 g	
Added sugar	0.00 g	0.00 %
Lactose	0.00 g	
Fiber	0.70 g	0.86 %
Organic acids	0.00 g	0.00 %
Sugar alcohol	0.00 g	0.00 %
Starch	0.00 g	0.00 %
Protein	3.19 g	8.30 %
Alcohol	0.00 g	0.00 %

Calories	
156.02 kcal	
652.80 kJ	

Minerals	
Salt	1.02 g
Salt	1.78 %
Sodium	409.96 mg
Phosphorus	28.98 mg
Potassium	56.06 mg
Iron	0.27 mg
Calcium	41.17 mg
Zinc	0.22 mg
Chloride	0.00 mg
Chromium	0.00 µg
Fluoride	0.00 mg
Magnesium	27.46 mg
Molybdenum	0.00 µg
Iodine	0.00 µg
Selenium	0.87 µg
Copper	0.06 mg

Vitamins	
Vitamin A	1.31 µg
Vitamin D	0.11 µg
Thiamine	0.04 mg
Riboflavin	0.04 mg
Niacin	0.09 mg
Vitamin B6	0.02 mg
Vitamin B12	0.10 µg
Folate	0.00 µg
Biotin	0.00 µg
Choline	0.00 mg
Pantothenic Acid	0.00 mg
Vitamin C	0.36 mg
Vitamin E	1.14 mg
Vitamin K	28.25 µg

Others	
Water	35.51 g

CO2



0.01 kg

Comparable CO2 emissions for equal sized portions.

The carbon footprint calculator is based on emission factors per kilogram calculated for individual ingredients. The calculator does not take into account emissions from food preparation.

© Copyright 1990-2026 JAMIX