

## Sauces

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# Spicy Buttermilk Dressing

Cooking Light Magazine

**1/4 cup low-fat buttermilk**  
**3 tablespoons fresh cilantro, chopped and divided**  
**3 tablespoons fresh lime juice**  
**2 tablespoons light sour cream**  
**2 tablespoons mayonnaise**  
**1 teaspoon chili powder**  
**1/2 teaspoon Kosher salt**  
**1/4 teaspoon black pepper**  
**1/4 teaspoon ground red pepper**  
**2 cloves garlic, crushed**

Combine all ingredients in a small bowl, stirring well with a whisk.

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Per Serving (excluding unknown items): 239 Calories; 24g Fat (83.3% calories from fat); 2g Protein; 9g Carbohydrate; 1g Dietary Fiber; 12mg Cholesterol; 1132mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 2 Fat; 0 Other Carbohydrates.