

# Cilantro Ranch Recipe

May 2, 2026 · Discover 16 amazing cilantro benefits, its nutrition, potential side effects, and how to eat it. Includes a best fresh salsa recipe.

Jul 31, 2025 · Cilantro is more than just a garnish—it's a nutrient-rich herb with powerful health benefits. Learn about its nutrition facts, uses, side effects, dosage, and who should or shouldn't eat it. Cilantro (scientific name *Coriandrum sativum*) is an annual herb that is part of the Apiaceae family of plants, which also includes carrots, fennel, parsley, celery, anise, and cumin. It is commonly featured ...

Oct 18, 2025 · Cilantro may have benefits, such as lowering anxiety, managing blood sugar, and decreasing inflammation. The herb is a source of antioxidants and vitamins.

Nov 2, 2025 · Cilantro is the leafy part of the coriander plant, known

for its distinct citrusy, fresh flavor that people either love or find soapy—thanks to genetics. Honestly, I've seen cilantro mistaken for ...

May 11, 2023 · This herb is versatile and used in many recipes, but many people are unaware of its healing properties. Learn about its benefits and recipes here.

Jun 26, 2023 · Cilantro, or coriander, contains high levels of nutrients, antioxidants, and antifungal properties. In this article, learn how cilantro may improve health, how to use it in dishes, and who ...

Coriander (/ˌkɒrɪˈændər, 'kɒrɪændər /), [1] or *Coriandrum sativum*, is an annual herb in the family Apiaceae. The leaves are known as cilantro (/sɪˈlæntroʊ, -'lɑːn -/) in the US (but not in the UK). [1]: ...

Apr 2, 2024 · We're covering everything you need to know about cilantro, including its uses, benefits, storage practices,

and why some people hate it! Dec 16, 2025 · Do you like topping your burritos and tacos with cilantro? A registered dietitian explains how the popular herb may benefit your health.

### **Cilantro: 20 Benefits, Side Effects, Nutrition, Uses & How Much to Eat**

Cilantro - Food Source Information

*12 Cilantro Benefits, Nutrition, Uses and Recipes - Dr. Axe*

### **Cilantro: Nutrition and 4 Health Benefits Coriander - Wikipedia**

*7 Benefits of Cilantro, Plus Nutrition and Risks - Health*

### **What Is Cilantro: Origins, Benefits, Taste, and Uses**

### **Cilantro: Nutrition, 16 Benefits, Side Effects, & Best Recipes**

What Is Cilantro? And What Does It Taste Like? | Live Eat Learn

*Cilantro (coriander): Benefits, nutrition, and preparation tips*

## **Cilantro Ranch Recipe**

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