



Aunt Trish's Salad Dressing

 Gluten Free

READY IN



1450 min.

SERVINGS



12

CALORIES



40 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 12 servings pepper black freshly ground
- 1 cup grape tomatoes red halved
- 2 juice of lemon
- 12 servings lettuce leaves green
- 4 tablespoons parmesan grated to taste
- 0.5 small onion red thinly sliced
- 0.3 teaspoon salt to taste ()
- 0.3 teaspoon sugar

- 0.8 cup vegetable oil
- 1 garlic clove whole peeled
- 1 Dash of paprika

Equipment

Directions

- Place the olive oil, Parmesan, salt, pepper to taste, sugar, paprika, lemon juice and garlic into a jar. Shake it up and store in the fridge at least 24 hours before serving.
- Serve the dressing with green lettuce leaves, sliced red onions and halved grape tomatoes. Also works well on pasta salad.

Nutrition Facts



PROTEIN 9.9% **FAT 68.55%** **CARBS 21.55%**

Properties

Glycemic Index:21.34, Glycemic Load:0.33, Inflammation Score:-8, Nutrition Score:3.8882608152926%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 40.36kcal (2.02%), Fat: 3.2g (4.93%), Saturated Fat: 0.7g (4.36%), Carbohydrates: 2.26g (0.75%), Net Carbohydrates: 1.75g (0.64%), Sugar: 0.99g (1.1%), Cholesterol: 1.13mg (0.38%), Sodium: 82.79mg (3.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.08%), Vitamin A: 1896.98IU (37.94%), Vitamin C: 8.48mg (10.28%), Vitamin K: 6.21µg (5.92%), Manganese: 0.11mg (5.51%), Folate: 13.03µg (3.26%), Calcium: 31.9mg (3.19%), Potassium: 91.88mg (2.63%), Vitamin E: 0.38mg (2.51%), Phosphorus: 23.8mg (2.38%), Vitamin B6: 0.05mg (2.34%), Vitamin B1: 0.03mg (2.21%), Fiber: 0.51g (2.06%), Vitamin B2: 0.03mg (2.02%), Iron: 0.29mg (1.62%), Magnesium: 6.22mg (1.56%)