



Aunt Trish's Salad Dressing

 **Gluten Free**

READY IN



5 min.

SERVINGS



12

CALORIES



34 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

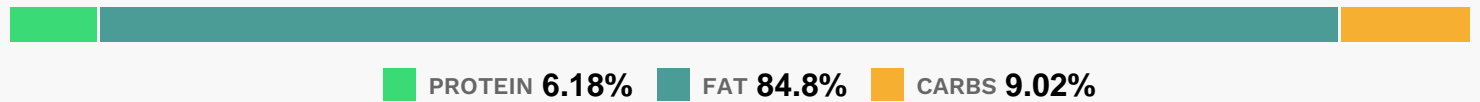
- 12 servings pepper black freshly ground
- 0.8 cups canola oil
- 2 juice of lemon
- 1 Dash paprika
- 4 Tablespoons parmesan cheese grated
- 0.3 teaspoon salt to taste
- 0.3 teaspoon sugar
- 1 clove garlic clove whole peeled

Equipment

Directions

- Place all ingredients into a jar. Shake it up and store in the fridge at least 24 hours before serving.
- Serve on your favorite green salads. Also works well on pasta salad.

Nutrition Facts



Properties

Glycemic Index:12.26, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:0.71391304355601%

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: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 33.84kcal (1.69%), Fat: 3.28g (5.05%), Saturated Fat: 0.47g (2.93%), Carbohydrates: 0.79g (0.26%), Net Carbohydrates: 0.74g (0.27%), Sugar: 0.21g (0.24%), Cholesterol: 1.45mg (0.48%), Sodium: 77.73mg (3.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.08%), Vitamin E: 0.51mg (3.4%), Vitamin C: 2.01mg (2.44%), Vitamin K: 2.2µg (2.09%), Calcium: 15.98mg (1.6%), Phosphorus: 11.53mg (1.15%)