



Brown Derby Old Fashioned French Dressing



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



1665 kcal

SIDE DISH

Ingredients

- ☐ 1 clove garlic peeled chopped
- ☐ 1 teaspoon ground pepper black
- ☐ 0.5 juice of lemon juiced
- ☐ 1 teaspoon mustard english
- ☐ 1 cup olive oil
- ☐ 1 cup red wine vinegar
- ☐ 2.5 teaspoon salt
- ☐ 1 tablespoon sugar

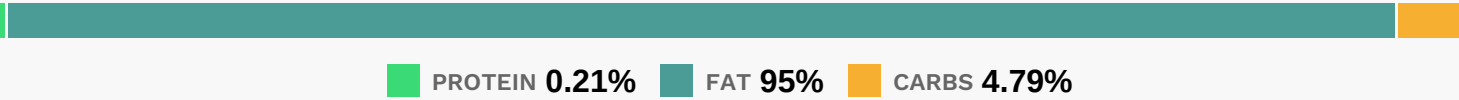
- ☐ 3 cup vegetable oil
- ☐ 1 cup water
- ☐ 1 tablespoon worcestershire sauce

Equipment

Directions

- ☐ Blend together all ingredients except oils. Then add olive and salad oils and mix well again. Chill. Shake before serving.

Nutrition Facts



Properties

Glycemic Index:132.09, Glycemic Load:8.9, Inflammation Score:-8, Nutrition Score:12.694782643215%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 1665.4kcal (83.27%), Fat: 174.75g (268.85%), Saturated Fat: 25.98g (162.38%), Carbohydrates: 19.82g (6.61%), Net Carbohydrates: 19.2g (6.98%), Sugar: 14.75g (16.39%), Cholesterol: 0mg (0%), Sodium: 6492.69mg (282.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.77%), Vitamin K: 270.04µg (257.18%), Vitamin E: 16.98mg (113.2%), Manganese: 0.43mg (21.62%), Iron: 2.56mg (14.21%), Vitamin C: 10.15mg (12.3%), Potassium: 285.14mg (8.15%), Copper: 0.14mg (6.95%), Calcium: 58.97mg (5.9%), Magnesium: 19.36mg (4.84%), Phosphorus: 38.27mg (3.83%), Vitamin B6: 0.05mg (2.5%), Fiber: 0.61g (2.46%), Vitamin B2: 0.03mg (1.97%), Vitamin B1: 0.02mg (1.58%), Zinc: 0.21mg (1.4%), Folate: 4.79µg (1.2%), Selenium: 0.71µg (1.02%)