



Century-Old French Dressing



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



294 kcal

SIDE DISH

Ingredients

- ☐ 2.5 ounces cheese blue crumbled
- ☐ 1 cup catsup
- ☐ 2 teaspoons celery salt
- ☐ 2 cloves garlic minced
- ☐ 0.5 cup juice of lemon
- ☐ 2 cups olive oil
- ☐ 1 large onion grated
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup sugar
- ☐ 0.5 cup vinegar
- ☐ 1 cup water
- ☐ 0.5 teaspoon pepper white

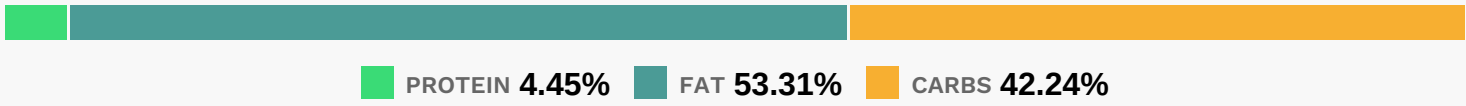
Equipment

- ☐ sauce pan
- ☐ mixing bowl

Directions

- ☐ Combine water and sugar in a small saucepan; bring to a boil. Boil 10 minutes. Stir in lemon juice; boil an additional 5 minutes.
- ☐ Remove from heat; let cool. Stir in vinegar.
- ☐ Transfer mixture to a large mixing bowl.
- ☐ Gradually add oil, beating constantly.
- ☐ Add remaining ingredients; beat until thickened and well blended. Cover; refrigerate.

Nutrition Facts



Properties

Glycemic Index:34.02, Glycemic Load:12.32, Inflammation Score:-4, Nutrition Score:5.2999999574993%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg

Nutrients (% of daily need)

Calories: 293.84kcal (14.69%), Fat: 17.97g (27.64%), Saturated Fat: 4.22g (26.39%), Carbohydrates: 32.03g (10.68%), Net Carbohydrates: 31.36g (11.4%), Sugar: 26.8g (29.78%), Cholesterol: 8.86mg (2.95%), Sodium: 1471.82mg (63.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.74%), Vitamin E: 2.72mg (18.16%), Vitamin C: 11.71mg (14.19%), Vitamin K: 10.27µg (9.78%), Calcium: 80.96mg (8.1%), Vitamin B2: 0.13mg (7.4%), Phosphorus: 67.66mg (6.77%), Vitamin B6: 0.13mg (6.74%), Vitamin A: 297.14IU (5.94%), Potassium: 205.32mg (5.87%), Manganese: 0.11mg (5.7%), Folate: 16.72µg (4.18%), Vitamin B3: 0.75mg (3.74%), Selenium: 2.49µg (3.56%), Copper: 0.07mg (3.29%), Magnesium: 12.67mg (3.17%), Zinc: 0.46mg (3.06%), Vitamin B5: 0.29mg (2.86%), Fiber: 0.67g (2.68%), Vitamin B12: 0.14µg (2.4%), Iron: 0.39mg (2.17%), Vitamin B1: 0.03mg (1.75%)