



Chef Gerard's Award Winning Caesar Salad Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



160 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon peppercorns black crushed
- 8 ounce canned tomatoes crushed canned
- 1 teaspoon celery salt
- 1 teaspoon basil fresh chopped
- 1 tablespoon parsley fresh chopped
- 2 large garlic cloves minced
- 1 tablespoon green onion tops chopped

- 2 cups olive oil bertolli® (such as)
- 1 teaspoon oregano fresh chopped
- 1 tablespoon paprika
- 3 tablespoons burgundy wine
- 0.5 cup red-wine vinegar

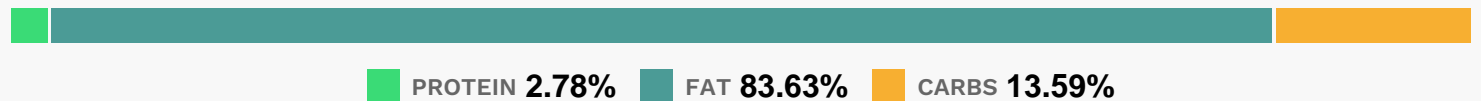
Equipment

- blender

Directions

- Crush parsley, green onions, celery salt, oregano, basil, black pepper, paprika, and garlic cloves together to create a paste.
- Combine paste with olive oil, Burgundy wine, white wine vinegar, and stewed tomatoes in a mixer.
- Mix for 5 minutes. Refrigerate. Stir well before serving.

Nutrition Facts



Properties

Glycemic Index:44.83, Glycemic Load:1.16, Inflammation Score:-7, Nutrition Score:6.1386956468872%

Flavonoids

Apigenin: 1.5mg, Apigenin: 1.5mg, Apigenin: 1.5mg, Apigenin: 1.5mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 159.81kcal (7.99%), Fat: 14.74g (22.67%), Saturated Fat: 2.06g (12.86%), Carbohydrates: 5.39g (1.8%), Net Carbohydrates: 3.63g (1.32%), Sugar: 1.91g (2.12%), Cholesterol: 0mg (0%), Sodium: 441.65mg (19.2%), Alcohol: 0.78g (100%), Alcohol %: 0.69% (100%), Protein: 1.1g (2.21%), Vitamin K: 29.5µg (28.09%), Vitamin E: 2.98mg (19.83%), Manganese: 0.36mg (17.8%), Vitamin A: 737.78IU (14.76%), Iron: 1.3mg (7.21%), Fiber: 1.76g (7.03%), Vitamin C: 4.99mg (6.04%), Copper: 0.11mg (5.47%), Potassium: 189.63mg (5.42%), Vitamin B6: 0.11mg (5.38%), Magnesium:

15.81mg (3.95%), Calcium: 33.89mg (3.39%), Vitamin B3: 0.65mg (3.24%), Vitamin B1: 0.04mg (2.54%), Vitamin B2: 0.04mg (2.53%), Phosphorus: 24.28mg (2.43%), Folate: 8.33 μ g (2.08%), Vitamin B5: 0.17mg (1.73%), Zinc: 0.22mg (1.47%)