



Dad's Prussian Dressing



Gluten Free



Dairy Free

READY IN



125 min.

SERVINGS



4

CALORIES



381 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup onion dried minced
- ☐ 1 cup catsup
- ☐ 0.3 cup juice of lemon
- ☐ 1 cup vegetable oil
- ☐ 0.3 cup water
- ☐ 0.3 cup distilled vinegar white
- ☐ 1 cup sugar white
- ☐ 0.3 cup worcestershire sauce

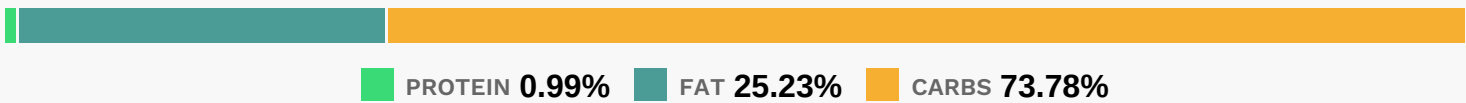
Equipment

☐ bowl

Directions

☐ Stir the sugar, vegetable oil, ketchup, vinegar, lemon juice, water, Worcestershire sauce, and minced onion together in a bowl until the sugar is dissolved and the ingredients are completely mixed. Chill in refrigerator 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:30.02, Glycemic Load:34.91, Inflammation Score:-4, Nutrition Score:5.6491304869237%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 381.13kcal (19.06%), Fat: 11.17g (17.19%), Saturated Fat: 1.68g (10.5%), Carbohydrates: 73.51g (24.5%), Net Carbohydrates: 72.97g (26.53%), Sugar: 66.1g (73.44%), Cholesterol: 0mg (0%), Sodium: 770.08mg (33.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.98%), Vitamin K: 22.15µg (21.1%), Vitamin C: 13.22mg (16.03%), Vitamin E: 1.81mg (12.07%), Potassium: 379.9mg (10.85%), Vitamin B2: 0.14mg (8.07%), Vitamin B6: 0.16mg (7.89%), Iron: 1.22mg (6.77%), Vitamin A: 322.92IU (6.46%), Manganese: 0.12mg (6.03%), Copper: 0.11mg (5.46%), Vitamin B3: 1.03mg (5.13%), Calcium: 39.2mg (3.92%), Folate: 15.64µg (3.91%), Phosphorus: 38.38mg (3.84%), Magnesium: 14.48mg (3.62%), Vitamin B1: 0.04mg (2.65%), Fiber: 0.55g (2.19%), Selenium: 1.08µg (1.54%), Zinc: 0.22mg (1.44%)