



Deeeelicious Vidalia Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



3

CALORIES



339 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups canola oil
- ☐ 1 clove garlic
- ☐ 1 teaspoon ground mustard
- ☐ 1 tablespoon salt
- ☐ 1 large onion sweet peeled quartered
- ☐ 1 cup distilled vinegar white
- ☐ 0.3 cup sugar white

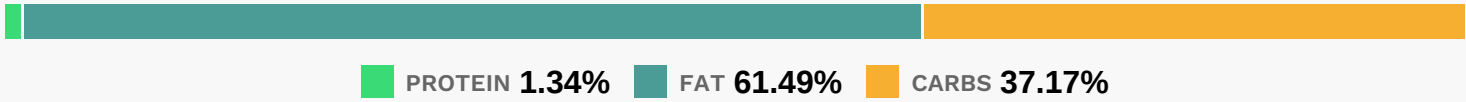
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Place the oil, vinegar, onion, garlic, sugar, mustard and salt into a blender or food processor and blend until smooth.

Nutrition Facts



Properties

Glycemic Index:50.03, Glycemic Load:15.62, Inflammation Score:-5, Nutrition Score:4.7786956493459%

Flavonoids

Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 1.27mg, Myricetin: 1.27mg, Myricetin: 1.27mg, Myricetin: 1.27mg Quercetin: 16.04mg, Quercetin: 16.04mg, Quercetin: 16.04mg, Quercetin: 16.04mg

Nutrients (% of daily need)

Calories: 339.05kcal (16.95%), Fat: 22.81g (35.09%), Saturated Fat: 1.66g (10.39%), Carbohydrates: 31.02g (10.34%), Net Carbohydrates: 29.92g (10.88%), Sugar: 27.81g (30.9%), Cholesterol: 0mg (0%), Sodium: 2336.49mg (101.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.24%), Vitamin E: 3.98mg (26.51%), Vitamin K: 16.36µg (15.58%), Manganese: 0.17mg (8.53%), Vitamin B6: 0.16mg (7.92%), Vitamin C: 5.66mg (6.85%), Folate: 26.49µg (6.62%), Fiber: 1.1g (4.38%), Potassium: 142.85mg (4.08%), Phosphorus: 40.24mg (4.02%), Copper: 0.08mg (3.88%), Selenium: 2.65µg (3.78%), Vitamin B1: 0.05mg (3.51%), Magnesium: 13.56mg (3.39%), Calcium: 32.41mg (3.24%), Iron: 0.42mg (2.34%), Vitamin B2: 0.03mg (1.71%), Zinc: 0.21mg (1.42%), Vitamin B5: 0.12mg (1.19%)