



Dorothy Lynch® Style Salad Dressing



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



3

CALORIES



403 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon celery seeds
- ☐ 10.8 ounce condensed tomato soup canned
- ☐ 0.3 teaspoon cornstarch or as needed
- ☐ 0.1 teaspoon garlic powder
- ☐ 0.3 teaspoon coarsely ground pepper black
- ☐ 1 teaspoon ground mustard dry
- ☐ 1 teaspoon salt
- ☐ 1 cup vegetable oil

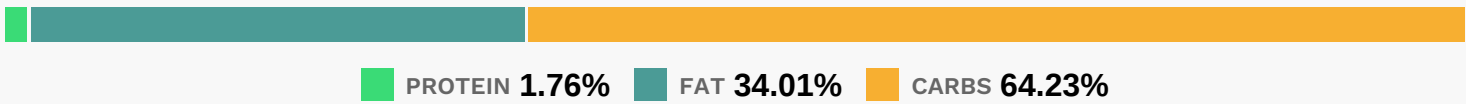
- ☐ 0.5 cup vinegar
- ☐ 0.8 cup sugar white

Equipment

Directions

- ☐ Mix tomato soup, vegetable oil, sugar, vinegar, dry mustard, salt, celery seeds, black pepper, and garlic powder in a large jar with a lid. For thicker dressing, stir in cornstarch.
- ☐ Serve immediately or refrigerate overnight for best flavor.

Nutrition Facts



Properties

Glycemic Index:64.53, Glycemic Load:40.17, Inflammation Score:-5, Nutrition Score:6.2891304402248%

Flavonoids

Apigenin: 0.52mg, Apigenin: 0.52mg, Apigenin: 0.52mg, Apigenin: 0.52mg Luteolin: 5.08mg, Luteolin: 5.08mg, Luteolin: 5.08mg, Luteolin: 5.08mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 403.14kcal (20.16%), Fat: 15.56g (23.93%), Saturated Fat: 2.36g (14.77%), Carbohydrates: 66.09g (22.03%), Net Carbohydrates: 64.76g (23.55%), Sugar: 58.33g (64.81%), Cholesterol: 0mg (0%), Sodium: 1160.77mg (50.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.63%), Vitamin K: 30.29µg (28.84%), Potassium: 590.89mg (16.88%), Vitamin C: 13.27mg (16.08%), Manganese: 0.26mg (12.84%), Vitamin E: 1.58mg (10.52%), Vitamin A: 399.68IU (7.99%), Selenium: 5.07µg (7.25%), Iron: 1.03mg (5.73%), Fiber: 1.33g (5.33%), Magnesium: 20.45mg (5.11%), Vitamin B6: 0.1mg (4.92%), Vitamin B3: 0.93mg (4.63%), Phosphorus: 43.16mg (4.32%), Copper: 0.07mg (3.69%), Vitamin B1: 0.05mg (3.4%), Calcium: 31.13mg (3.11%), Zinc: 0.29mg (1.91%), Vitamin B2: 0.03mg (1.7%)