

French Salad Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



26

CALORIES



56 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup catsup
- 1 teaspoon juice of lemon
- 1 small onion chopped
- 1 teaspoon paprika
- 0.5 teaspoon salt
- 0.8 cup sugar
- 1.5 cups vegetable oil
- 0.5 cup vinegar

Equipment

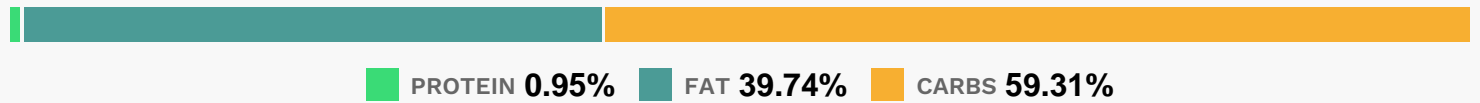
food processor

blender

Directions

In a blender or food processor, blend all ingredients until smooth. Store in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:6.23, Glycemic Load:4.09, Inflammation Score:-1, Nutrition Score:0.75956521960704%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 55.99kcal (2.8%), Fat: 2.56g (3.93%), Saturated Fat: 0.39g (2.42%), Carbohydrates: 8.58g (2.86%), Net Carbohydrates: 8.48g (3.08%), Sugar: 7.85g (8.73%), Cholesterol: 0mg (0%), Sodium: 128.76mg (5.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.27%), Vitamin K: 4.98µg (4.74%), Vitamin E: 0.36mg (2.42%), Vitamin A: 85.31IU (1.71%), Vitamin B2: 0.02mg (1.07%)