



## Frenchie's Salad Dressing

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



3

CALORIES



593 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 teaspoon cayenne pepper
- 2 cloves garlic minced
- 0.5 teaspoon ground pepper black
- 0.5 cup catsup
- 1 onion minced
- 0.5 teaspoon salt
- 1 cup sunflower seed oil
- 1 cup sugar white

- 0.8 cup citrus champagne vinegar
- 1 tablespoon worcestershire sauce

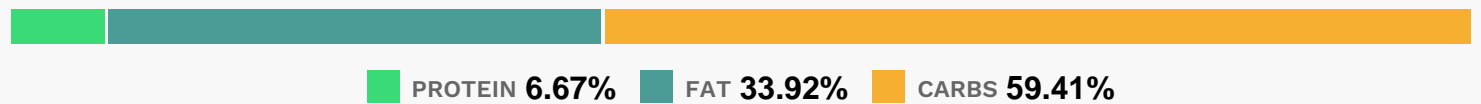
## Equipment

- bowl
- whisk

## Directions

- In a medium bowl, whisk together the oil, vinegar, sugar, ketchup, salt, pepper, cayenne, Worcestershire sauce, onion and garlic.
- Whisk until the sugar is dissolved. Refrigerate and whisk before using.

## Nutrition Facts



## Properties

Glycemic Index:70.36, Glycemic Load:48.57, Inflammation Score:-8, Nutrition Score:24.101739126703%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.82mg, Quercetin: 7.82mg, Quercetin: 7.82mg, Quercetin: 7.82mg

## Nutrients (% of daily need)

Calories: 593.18kcal (29.66%), Fat: 23.35g (35.93%), Saturated Fat: 2.03g (12.68%), Carbohydrates: 92.03g (30.68%), Net Carbohydrates: 87.23g (31.72%), Sugar: 78.4g (87.11%), Cholesterol: 0mg (0%), Sodium: 835.49mg (36.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.33g (20.65%), Vitamin E: 16.41mg (109.4%), Manganese: 1.07mg (53.58%), Vitamin B1: 0.69mg (46.12%), Copper: 0.89mg (44.31%), Magnesium: 158.75mg (39.69%), Vitamin B6: 0.74mg (37.1%), Selenium: 24.9µg (35.57%), Phosphorus: 328.58mg (32.86%), Folate: 112.88µg (28.22%), Vitamin B3: 4.42mg (22.12%), Fiber: 4.8g (19.21%), Iron: 3.26mg (18.11%), Zinc: 2.44mg (16.24%), Potassium: 543.25mg (15.52%), Vitamin B2: 0.26mg (15.34%), Vitamin C: 6.89mg (8.35%), Vitamin A: 373.45IU (7.47%), Calcium: 65.42mg (6.54%), Vitamin B5: 0.59mg (5.85%), Vitamin K: 2.25µg (2.14%)