



Grandma's Salad Dressing

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



3

CALORIES



455 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients




- 0.5 cup catsup
- 1 onion chopped
- 0.5 teaspoon salt
- 1 cup vegetable oil
- 1 cup sugar white
- 0.8 cup citrus champagne vinegar
- 2 teaspoons worcestershire sauce

Equipment

Directions

- Prepare dressing in a large jar with a tight fitting lid.
- Add the oil, vinegar, sugar, ketchup, salt, Worcestershire sauce and onion. Shake until the sugar is dissolved. Refrigerate and shake well before using.

Nutrition Facts

 **PROTEIN 0.73%**  **FAT 28.77%**  **CARBS 70.5%**

Properties

Glycemic Index:32.36, Glycemic Load:47.3, Inflammation Score:-4, Nutrition Score:4.4047826424889%

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: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.79mg, Quercetin: 7.79mg, Quercetin: 7.79mg, Quercetin: 7.79mg

Nutrients (% of daily need)

Calories: 454.64kcal (22.73%), Fat: 14.82g (22.81%), Saturated Fat: 2.24g (13.98%), Carbohydrates: 81.71g (27.24%), Net Carbohydrates: 80.97g (29.44%), Sugar: 77.01g (85.56%), Cholesterol: 0mg (0%), Sodium: 809.29mg (35.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.69%), Vitamin K: 28.11µg (26.77%), Vitamin E: 1.78mg (11.89%), Potassium: 222.65mg (6.36%), Vitamin C: 5.17mg (6.27%), Manganese: 0.12mg (5.9%), Vitamin B2: 0.09mg (5.54%), Vitamin B6: 0.11mg (5.36%), Vitamin A: 209.09IU (4.18%), Iron: 0.74mg (4.1%), Copper: 0.07mg (3.36%), Vitamin B3: 0.64mg (3.21%), Fiber: 0.74g (2.97%), Magnesium: 11.79mg (2.95%), Phosphorus: 28.21mg (2.82%), Folate: 10.89µg (2.72%), Calcium: 23.2mg (2.32%), Vitamin B1: 0.02mg (1.6%), Selenium: 0.88µg (1.26%), Zinc: 0.16mg (1.09%)