

Italian Dressing Mix



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



55 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon celery salt
- ☐ 1 teaspoon basil dried
- ☐ 1 tablespoon parsley dried
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1 tablespoon garlic salt
- ☐ 1 teaspoon ground pepper black
- ☐ 1 tablespoon onion powder
- ☐ 2 tablespoons oregano dried

- ☐ 2 tablespoons salt
- ☐ 1 tablespoon sugar white

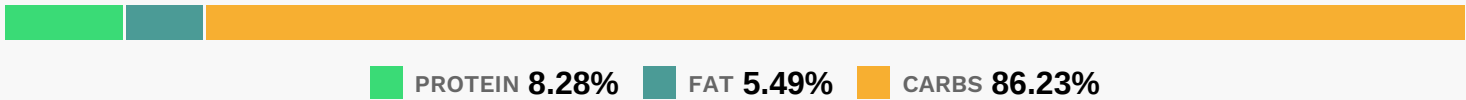
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a small bowl, mix together the garlic salt, onion powder, sugar, oregano, pepper, thyme, basil, parsley, celery salt and regular salt. Store in a tightly sealed container.
- ☐ To prepare dressing, whisk together 1/4 cup white vinegar, 2/3 cup canola oil, 2 tablespoons water and 2 tablespoons of the dry mix.

Nutrition Facts



Properties

Glycemic Index:53.55, Glycemic Load:4.38, Inflammation Score:-10, Nutrition Score:7.86652178868%

Flavonoids

Apigenin: 45.03mg, Apigenin: 45.03mg, Apigenin: 45.03mg, Apigenin: 45.03mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg, Isorhamnetin: 3.31mg

Nutrients (% of daily need)

Calories: 55.22kcal (2.76%), Fat: 0.39g (0.59%), Saturated Fat: 0.13g (0.79%), Carbohydrates: 13.66g (4.55%), Net Carbohydrates: 10.24g (3.73%), Sugar: 6.51g (7.24%), Cholesterol: 0mg (0%), Sodium: 10764.38mg (468.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.62%), Vitamin K: 57.18µg (54.45%), Manganese: 0.61mg (30.37%), Iron: 2.99mg (16.62%), Fiber: 3.41g (13.65%), Calcium: 129.4mg (12.94%), Vitamin E: 1.09mg (7.24%), Magnesium: 27.27mg (6.82%), Vitamin B6: 0.1mg (4.83%), Copper: 0.09mg (4.69%), Folate: 17.95µg (4.49%), Potassium: 154.1mg (4.4%), Vitamin B2: 0.06mg (3.67%), Zinc: 0.41mg (2.76%), Vitamin C: 2.25mg (2.73%), Phosphorus: 26.23mg (2.62%), Vitamin A: 118.38IU (2.37%), Vitamin B1: 0.03mg (1.93%), Vitamin B3: 0.38mg (1.92%), Selenium: 1µg (1.43%)