



Italian Restaurant-Style Salad Dressing II

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



258 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons plus
- 0.5 teaspoon parsley dried
- 1 clove garlic minced
- 1 tablespoon juice of lemon
- 0.5 cup mayonnaise
- 2 tablespoons parmesan cheese grated
- 2 tablespoons romano cheese grated
- 0.5 teaspoon penzey's southwest seasoning italian-style

- 1 teaspoon vegetable oil
- 0.3 cup citrus champagne vinegar

Equipment

- blender

Directions

- In a blender, combine the mayonnaise, vinegar, oil, corn syrup, Parmesan cheese, Romano cheese, garlic, Italian seasoning, parsley and lemon juice. Blend until smooth. Cover and refrigerate until chilled.

Nutrition Facts

 **PROTEIN 2.94%**  **FAT 81.94%**  **CARBS 15.12%**

Properties

Glycemic Index:32.75, Glycemic Load:1.78, Inflammation Score:-1, Nutrition Score:3.7826087086097%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 258.1kcal (12.91%), Fat: 23.49g (36.14%), Saturated Fat: 4.27g (26.68%), Carbohydrates: 9.75g (3.25%), Net Carbohydrates: 9.61g (3.49%), Sugar: 8.74g (9.71%), Cholesterol: 16.53mg (5.51%), Sodium: 260.25mg (11.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.8%), Vitamin K: 49.54µg (47.18%), Vitamin E: 1.08mg (7.21%), Calcium: 59.28mg (5.93%), Phosphorus: 44.2mg (4.42%), Selenium: 2.08µg (2.97%), Vitamin C: 1.81mg (2.19%), Manganese: 0.04mg (2.02%), Zinc: 0.29mg (1.91%), Iron: 0.29mg (1.61%), Vitamin B12: 0.1µg (1.59%), Vitamin B2: 0.03mg (1.54%), Vitamin A: 54.99IU (1.1%), Magnesium: 4.22mg (1.06%), Vitamin B6: 0.02mg (1.01%)