



Italian Salad Dressing



Gluten Free



Popular

READY IN



2 min.

SERVINGS



4

CALORIES



90 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

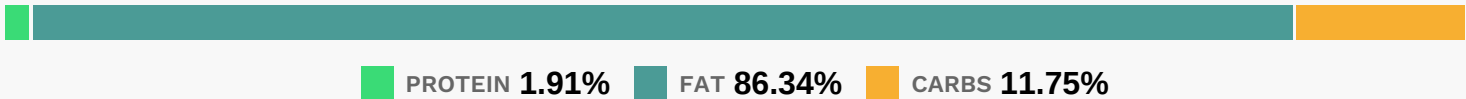
- ☐ 0.3 cup cider vinegar
- ☐ 1 teaspoon garlic minced
- ☐ 1 teaspoon parmesan cheese grated
- ☐ 0.3 teaspoon pepper
- ☐ 1.5 teaspoons salt
- ☐ 2 teaspoons sugar
- ☐ 0.8 cup vegetable oil
- ☐ 2 tablespoons water

Equipment

Directions

- ☐
- Combine all ingredients in a bottle.2 Shake to blend.3 Allow flavors to blend about an hour or so, Will even be more flavorful the following day. Be sure to refrigerate any leftovers.4 Makes about 1 cup.

Nutrition Facts



Properties

Glycemic Index:43.02, Glycemic Load:1.54, Inflammation Score:-1, Nutrition Score:1.3126087022702%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 89.72kcal (4.49%), Fat: 8.53g (13.13%), Saturated Fat: 1.44g (9%), Carbohydrates: 2.61g (0.87%), Net Carbohydrates: 2.56g (0.93%), Sugar: 2.06g (2.29%), Cholesterol: 1.07mg (0.36%), Sodium: 894.91mg (38.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.85%), Vitamin K: 15.27µg (14.54%), Vitamin E: 0.68mg (4.51%), Manganese: 0.07mg (3.45%), Calcium: 14.63mg (1.46%), Phosphorus: 10.35mg (1.04%)