



Old-Fashioned Cooked French Dressing



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



96 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup catsup
- ☐ 0.1 teaspoon ground pepper
- ☐ 0.3 teaspoon celery seed
- ☐ 1 teaspoon cornstarch
- ☐ 0.5 cup cider
- ☐ 1 clove garlic peeled
- ☐ 0.3 cup onion chopped
- ☐ 0.7 cup salad oil

- ☐ 7 servings salt
- ☐ 0.3 cup sugar
- ☐ 2 teaspoons worcestershire sauce

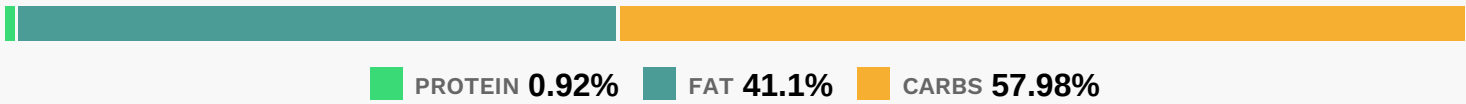
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ In a 1- to 1 1/2-quart pan, mix 1/3 cup sugar and 1 teaspoon cornstarch. Stir in 1/2 cup cider vinegar. Stir over high heat until mixture boils and thickens, about 2 minutes.
- ☐ Pour into a blender and add 1/3 cup chopped onion, 1 peeled clove garlic, 1/4 cup catsup, 2 teaspoons Worcestershire, and 1/8 teaspoon cayenne; whirl until smooth. With blender running, gradually pour in 2/3 cup salad oil. Stir in 1/4 teaspoon celery seed.
- ☐ Add salt to taste.
- ☐ Let cool.

Nutrition Facts



Properties

Glycemic Index:22.73, Glycemic Load:6.85, Inflammation Score:-2, Nutrition Score:1.0904347818831%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 96.44kcal (4.82%), Fat: 4.34g (6.68%), Saturated Fat: 0.32g (2.01%), Carbohydrates: 13.77g (4.59%), Net Carbohydrates: 13.59g (4.94%), Sugar: 12.28g (13.64%), Cholesterol: 0mg (0%), Sodium: 295.12mg (12.83%), Alcohol: 0.84g (100%), Alcohol %: 1.6% (100%), Protein: 0.22g (0.44%), Vitamin E: 0.89mg (5.91%), Vitamin K:

3.38µg (3.22%), Manganese: 0.03mg (1.63%), Vitamin C: 1.31mg (1.59%), Potassium: 52.6mg (1.5%), Vitamin B6: 0.03mg (1.48%), Vitamin B2: 0.02mg (1.25%), Vitamin A: 60.4IU (1.21%), Iron: 0.19mg (1.04%)