



Purple Onion Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



2 min.

SERVINGS



10

CALORIES



29 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon ground pepper
- ☐ 0.5 cup dressing fat-free italian
- ☐ 2 tablespoons purple onion grated

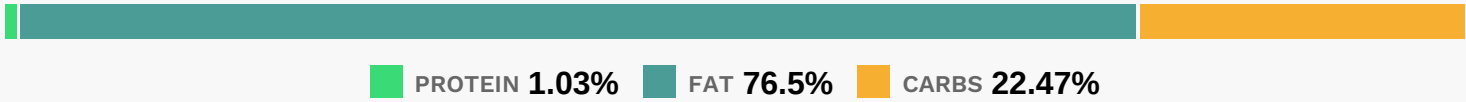
Equipment

- ☐ bowl

Directions

- ☐
- Combine Italian dressing, onion, and pepper in a small bowl; stir well.
- ☐
- Serve over tossed salad greens.

Nutrition Facts



Properties

Glycemic Index:5.9, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:0.52565217010029%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 29.13kcal (1.46%), Fat: 2.48g (3.82%), Saturated Fat: 0.35g (2.18%), Carbohydrates: 1.64g (0.55%), Net Carbohydrates: 1.59g (0.58%), Sugar: 1.35g (1.5%), Cholesterol: 0mg (0%), Sodium: 116.77mg (5.08%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.08g (0.15%), Vitamin K: 6.67µg (6.35%), Vitamin E: 0.26mg (1.72%)