



Restaurant-Style Italian Salad Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



155 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon basil dried
- ☐ 1 clove garlic minced
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 cup salad dressing italian-style
- ☐ 1 tablespoon sugar white

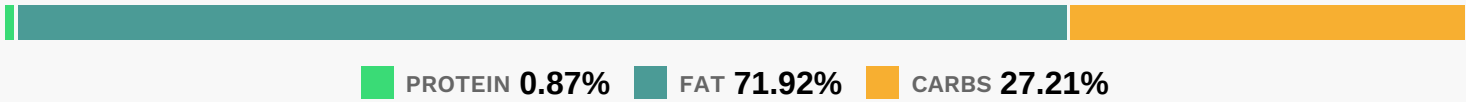
Equipment

- ☐ whisk
- ☐ mixing bowl

Directions

☐ In a mixing bowl, whisk together the bottled dressing, garlic, basil, oregano and sugar.
Refrigerate at least 24 hours before serving.

Nutrition Facts



Properties

Glycemic Index:26.27, Glycemic Load:2.17, Inflammation Score:-3, Nutrition Score:2.771739055929%

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: 154.62kcal (7.73%), Fat: 12.43g (19.12%), Saturated Fat: 1.74g (10.88%), Carbohydrates: 10.58g (3.53%), Net Carbohydrates: 10.41g (3.78%), Sugar: 9.36g (10.4%), Cholesterol: 0mg (0%), Sodium: 583.7mg (25.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.68%), Vitamin K: 36.61µg (34.87%), Vitamin E: 1.35mg (8.98%), Manganese: 0.06mg (2.78%), Vitamin B6: 0.05mg (2.56%), Iron: 0.37mg (2.06%), Selenium: 1.31µg (1.88%), Potassium: 58.85mg (1.68%), Calcium: 15.82mg (1.58%), Magnesium: 4.69mg (1.17%), Phosphorus: 10.67mg (1.07%)