

## Russian Dressing

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



71 kcal

SIDE DISH

### Ingredients

- 0.3 cup catsup
- 3 tablespoons olive oil
- 3 tablespoons onion grated
- 0.5 teaspoon salt
- 2 tablespoons sherry vinegar
- 2 tablespoons sugar
- 1 teaspoon worcestershire sauce

### Equipment

bowl

## Directions

In a small bowl, combine the ketchup, sugar, vinegar, salt, onion, Worcestershire sauce, and olive oil.

## Nutrition Facts

 **PROTEIN 0.8%**  **FAT 65.03%**  **CARBS 34.17%**

## Properties

Glycemic Index:12.14, Glycemic Load:2.17, Inflammation Score:-1, Nutrition Score:0.88521738544754%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

## Nutrients (% of daily need)

Calories: 70.85kcal (3.54%), Fat: 5.27g (8.11%), Saturated Fat: 0.73g (4.55%), Carbohydrates: 6.23g (2.08%), Net Carbohydrates: 6.14g (2.23%), Sugar: 5.36g (5.95%), Cholesterol: 0mg (0%), Sodium: 246.38mg (10.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.15g (0.29%), Vitamin E: 0.9mg (6.02%), Vitamin K: 3.48µg (3.32%), Potassium: 41.18mg (1.18%), Vitamin B2: 0.02mg (1.13%), Vitamin A: 51.97IU (1.04%), Vitamin B6: 0.02mg (1.02%)