



Russian Salad Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



106 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup catsup
- 0.5 cup mayonnaise
- 1 tablespoon onion finely chopped
- 1 tablespoon red wine vinegar
- 8 servings salt and pepper to taste

Equipment

- bowl
- whisk

Directions

- In a small bowl, whisk together the mayonnaise, ketchup, vinegar, onion, salt and pepper until thoroughly combined. Refrigerate until ready to use.

Nutrition Facts

PROTEIN 0.94% **FAT 88.07%** **CARBS 10.99%**

Properties

Glycemic Index:9.63, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:1.6160869792752%

Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 106.16kcal (5.31%), Fat: 10.48g (16.13%), Saturated Fat: 1.64g (10.25%), Carbohydrates: 2.94g (0.98%), Net Carbohydrates: 2.89g (1.05%), Sugar: 2.26g (2.51%), Cholesterol: 5.88mg (1.96%), Sodium: 373.59mg (16.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.51%), Vitamin K: 23.13µg (22.02%), Vitamin E: 0.61mg (4.04%), Vitamin A: 60.42IU (1.21%), Vitamin B2: 0.02mg (1.15%)