



Tangy Southwestern Dressing

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



6

CALORIES



74 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black as needed freshly ground plus more
- 0.3 cup apple cider vinegar
- 2 medium garlic clove finely chopped
- 1 tablespoon granulated sugar
- 1 tablespoon ground cumin
- 0.3 cup catsup
- 1 teaspoon kosher salt as needed plus more
- 1 tablespoon juice of lemon freshly squeezed

- 6 dashes all the tabasco sauce you handle
- 0.7 cup vegetable oil
- 1 teaspoon worcestershire sauce

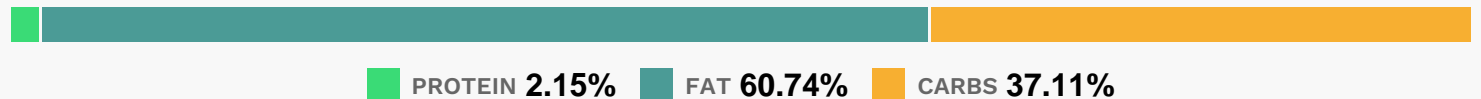
Equipment

- bowl
- whisk

Directions

- Place all of the measured ingredients except the oil in a large, nonreactive bowl and whisk to combine. Slowly drizzle in the oil, whisking continuously, until all of it is incorporated. Season with additional salt and pepper as needed. Cover and refrigerate until ready to use.

Nutrition Facts



Properties

Glycemic Index:29.52, Glycemic Load:1.58, Inflammation Score:-1, Nutrition Score:1.9521738925706%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 73.77kcal (3.69%), Fat: 5.1g (7.85%), Saturated Fat: 0.76g (4.75%), Carbohydrates: 7.01g (2.34%), Net Carbohydrates: 6.8g (2.47%), Sugar: 5.09g (5.65%), Cholesterol: 0mg (0%), Sodium: 526.75mg (22.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.41g (0.81%), Vitamin K: 9.67µg (9.2%), Manganese: 0.12mg (5.95%), Iron: 0.83mg (4.62%), Vitamin E: 0.63mg (4.21%), Vitamin C: 2.11mg (2.56%), Potassium: 82.1mg (2.35%), Vitamin B6: 0.04mg (1.98%), Magnesium: 6.89mg (1.72%), Vitamin B2: 0.03mg (1.7%), Vitamin A: 83.2IU (1.66%), Calcium: 16.28mg (1.63%), Copper: 0.03mg (1.46%), Vitamin B3: 0.25mg (1.27%), Phosphorus: 12.12mg (1.21%)