



Zesty Italian Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



67 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon basil dried whole
- ☐ 0.5 teaspoon mustard dry
- ☐ 1 clove garlic crushed
- ☐ 0.3 teaspoon oregano dried whole
- ☐ 0.3 teaspoon paprika
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 0.5 cup vegetable oil

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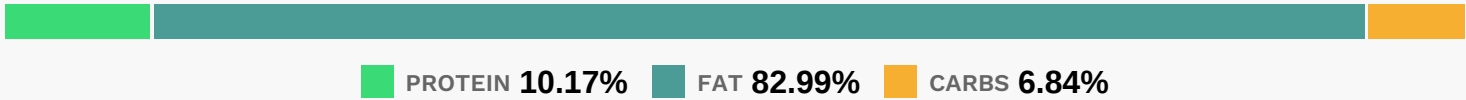
0.5 cup citrus champagne vinegar

Equipment

Directions

- ☐ Combine all ingredients in a small jar; cover tightly, and shake vigorously to blend.
- ☐ Serve with salad greens.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:1.6960869872052%

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: 66.71kcal (3.34%), Fat: 5.85g (9.01%), Saturated Fat: 1.45g (9.06%), Carbohydrates: 1.09g (0.36%), Net Carbohydrates: 0.95g (0.35%), Sugar: 0.04g (0.04%), Cholesterol: 4.35mg (1.45%), Sodium: 554.77mg (24.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.23%), Vitamin K: 9.68µg (9.22%), Calcium: 50.49mg (5.05%), Phosphorus: 36.78mg (3.68%), Selenium: 2.26µg (3.24%), Vitamin E: 0.45mg (2.97%), Manganese: 0.04mg (2.14%), Vitamin A: 94.69IU (1.89%), Zinc: 0.25mg (1.7%), Iron: 0.27mg (1.48%), Vitamin B2: 0.02mg (1.22%), Vitamin B12: 0.07µg (1.13%), Magnesium: 4.41mg (1.1%)