

Italian Dressing

By making your own dressing, you can control the amount of fat and salt that you add, as well as the quality of the ingredients.



Ingredients:

2/3 cup	Olive oil	150 mL
1/3 cup	Lemon juice	75 mL
1 Tbsp	Granulated sugar	15 mL
1/2 tsp	Paprika	2 mL
1/2 tsp	Dry mustard	2 mL
1 tsp	Onion, finely chopped	5 mL
1 tsp	Basil	5 mL
1 tsp	Oregano	5 mL
1/2 tsp	Garlic powder	2 mL
1/4 tsp	Black pepper	1 mL

Directions:

1. Add all ingredients together and mix well or put in a blender. Store in fridge.

Makes 8 servings (2 Tbsp/ 30 mL/ 32g)

Nutrition Facts	
Per 1/8 of recipe (2 Tbsp/ 30 mL/ 32g)	
Amount	% Daily Value
Calories 172	
Fat 19 g	11 %
Saturated 2 g + Trans 0 g	10 %
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 2 g	1 %
Fibre 0 g	0 %
Sugars 2 g	
Protein 0 g	
Vitamin A	10 %
Vitamin C	6 %
Calcium	1 %
Iron	0 %

Nutrition Services

