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Lite Italian Dressing Side Portion ♦

A light and flavorful Italian dressing that can be used as a side portion for salads, sandwiches, or as a marinade for grilled vegetables and meats.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

4 tbsp	Extra Virgin Olive Oil
2 tbsp	Red Wine Vinegar
1 tsp	Dijon Mustard
1 clove	garlic
1 tsp	Dried Oregano
1 tsp	Dried Basil

1 tsp Salt

0.5 tsp Black pepper

Directions

Step 1

Mixing

In a small bowl, whisk together the olive oil, red wine vinegar, Dijon mustard, minced garlic, dried oregano, dried basil, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Taste and adjust the seasoning if needed.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Serve as a dressing for salads, as a dip for vegetables, or as a marinade for grilled vegetables and meats.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 14 g

Protein: 0 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	0 g	0%	0%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	14 g	50%	56%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	240 mg	10.43%	10.43%
Calcium	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	0 mg	0%	0%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Cuisines

Italian

Course

Breads

Sauces & Dressings

Side Dishes

Cultural

Chinese New Year

Cinco de Mayo

St. Patrick's Day

Cost

\$10 to \$20

Demographics

Senior Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Paleo Diet

Vegetarian Diet

Raw Food Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Meal Type

Supper

Difficulty Level

Medium

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