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## Renee's Fat-Free Italian Dressing

Renee's Fat-Free Italian Dressing is a delicious and healthy dressing that can be used on salads, pasta, and other dishes. It is made with a blend of herbs, spices, and vinegar, giving it a tangy and flavorful taste. This dressing is perfect for those who are looking for a low-fat and low-calorie option.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 10

**Serving Size:** 50 g

### Ingredients

<b>120 ml</b>	Red Wine Vinegar
<b>0 ml</b>	Extra Virgin Olive Oil
<b>1 tbsp</b>	dijon mustard
<b>2 cloves</b>	garlic

<b>1 tsp</b>	Dried Oregano
<b>1 tsp</b>	Dried Basil
<b>0.5 tsp</b>	Salt
<b>0.5 tsp</b>	Black pepper

## Directions

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### Step 1

#### Mixing

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

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Mixing

Slowly drizzle in the extra virgin olive oil while whisking continuously until the dressing is emulsified.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 10 kcal

**Fat:** 0 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	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
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	120 mg	5.22%	5.22%
Calcium	0 mg	0%	0%
Iron	0 mg	0%	0%

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

## Recipe Attributes

### Cuisines

Italian

### Course

Sauces & Dressings

### Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

### Nutritional Content

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

### Kitchen Tools

Blender

Mixer

Oven

Stove

Microwave

Grill

### Difficulty Level

Medium

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