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Italian Dressing ♦

Italian dressing is a classic salad dressing made with a blend of herbs, spices, vinegar, and oil. It is commonly used in Italian cuisine and is known for its tangy and flavorful taste. This dressing can be used to marinate meats, dress salads, or as a dipping sauce.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 250 grams

Number of Servings: 10

Serving Size: 25 g

Ingredients

0.5 c	Olive oil
0.25 c	White wine vinegar
1 tsp	Dried Oregano
1 tsp	Dried Basil
1 tsp	Dried Thyme

1 tsp	Dried Parsley
1 tsp	Garlic powder
1 tsp	Onion powder
1 tsp	Salt
0.5 tsp	Black pepper

Directions

Step 1

In a small bowl, whisk together olive oil and white wine vinegar.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Add dried oregano, dried basil, dried thyme, dried parsley, garlic powder, onion powder, salt, and black pepper. Whisk until well combined.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 14 g

Protein: 0 g

Carbohydrates: 0 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	0 g	0%	0%
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)
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Monounsaturated Fat	10 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%
Iron	0 mg	0%	0%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%

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

Recipe Attributes

Cuisines

Italian French Mediterranean

Course

Soups Sauces & Dressings

Cultural

Chinese New Year

Diet

The Fast Metabolism Diet Nutrient Timing Diet The 80/10/10 Diet
The Swiss Secret Diet The Breatharian Diet The Werewolf Diet
The Five-Bite Diet The Master Cleanse Diet The Subway Diet
The Cambridge Diet The Shangri-La Diet The Best Life Diet The Optavia Diet
The Specific Carbohydrate Diet (SCD)

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

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