



# Italian Dressing



## Ingredients



- 1/4 c. olive oil
- 2 Tbsp. red wine vinegar
- 2 Tbsp. lemon juice
- 1 Tbsp. Dijon mustard
- 2 tsp. minced garlic
- 1 tsp. Italian seasoning
- Salt and pepper to taste

Yield: 4-5 servings  
Serving Size: 2 Tbsp.



## Directions



1. Pour all ingredients in a bowl and whisk to combine. Season with salt and pepper to taste.

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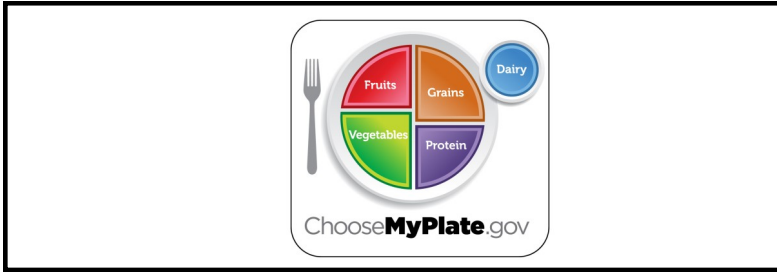
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# Fast Facts



## Featured Food Groups



## Cooking Tips

- Add other Italian seasonings you like, such as parsley or thyme.

Second Harvest is an equal opportunity provider.

## Nutrition Facts



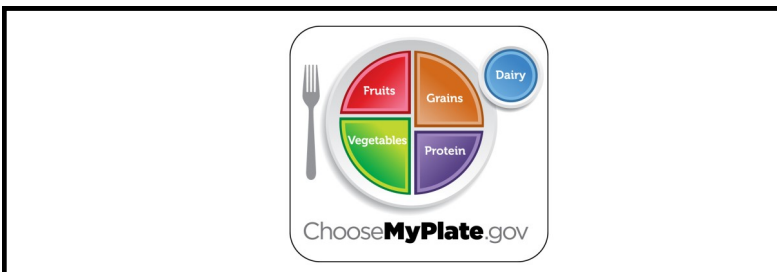
<b>Nutrition Facts</b>	
2 servings per container	
<b>Serving size</b>	<b>2 Tablespoons</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>130</b>
	% Daily Value*
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 10g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 135mg	<b>6%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	<b>0%</b>
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.54mg	4%
Potassium 47mg	0%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



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