

Italian Dressing

8 Servings • 1 Serving = 2 Tablespoons



INGREDIENTS

- ½ cup balsamic or white wine vinegar
- ½ cup extra virgin olive oil
- 1 clove garlic, minced
- ¼ teaspoon dried oregano
- ¼ teaspoon dried basil
- Pinch onion granules or powder
- Freshly ground black pepper and salt, to taste

DIRECTIONS

1. Add all the ingredients into a sealable container, such as a mason jar. Seal and shake vigorously to combine.
2. Store and use within 7 days of preparing.

Nutrition Facts	
8 servings per container	
Serving size 2 Tablespoons	
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 18g	23%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 0mg	0%
Potassium 29mg	0%

*The % Daily Value 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.

Developed by The Children's Hospital of San Antonio

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