



WESTERN WISCONSIN HEALTH

CREAMY ITALIAN DRESSING **(GLUTEN FREE)**

- 1/2 C. fresh basil, packed
- 1/2 C. fresh parsley, packed
- 1/2 C. chopped scallion greens
- 4 cloves garlic, peeled
- 1/4 C. honey
- 1/2 tsp. salt
- 1/8 tsp. ground black pepper
- 1 T. Dijon mustard
- 1 C. white balsamic vinegar
- 3 C. canola oil
- 1/3 C. cold water

Nutrition Facts

Serving Size (19g)
Servings Per Container

Amount Per Serving

Calories 100 **Calories from Fat** 90

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 20mg **1%**

Total Carbohydrate 2g **1%**

Dietary Fiber 0g **0%**

Sugars 2g

Protein 0g

Vitamin A 2% • Vitamin C 2%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Blend all ingredients except the oil and the water, until completely liquefied. While blending, slowly add about one-third of the oil until the dressing is emulsified and thick. Add a few tablespoons of water to thin, and then continue to add oil and water, alternating, until all oil is incorporated into the dressing. Refrigerate in a glass jar and use to flavor salads, grains, legumes, and meats.

NUTRITION FACTS: Serving size: 2 tbsp per serving, 64 servings