

POPPY SEED DRESSING (GLUTEN FREE)

3/4 C. sugar 1/3 C. white wine vinegar (red will work)

1 tsp. dry mustard

1 1/2 T. grated onion

1 tsp. salt

1 C. olive oil

2 T. poppy seeds

Nutrition Facts Serving Size (31g) Servings Per Container			
Amount Per Serving			
Calories 160 Calories from Fat 130			
% Daily Value*			
Total Fat 14g			22%
Saturated Fat 2g			10%
Trans Fat 0g			
Cholesterol 0mg 0%			0%
Sodium 150mg			6%
Total Carbohydrate 10g 3%			
Dietary Fiber 0g			0%
Sugars 9g			
Protein 0g			
Vitamin A 0%	• 1	√itamin (0%
Calcium 2%	•	ron 2%	
*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 L. Saturated Fat L. Cholesterol L. Sodium L. Total Carbohydrate Dietary Fiber Calories per gram:	ess than ess than ess than ess than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
Fat 9 • Carbohydrate 4 • Protein 4			

Grate 1 1/2 tablespoons of onion. Add all other ingredients to grated onion; mix well and refrigerate overnight before use.

NUTRITION FACTS: Serving size: 2 tbsp per serving, 16 servings