

Fish Sauce Caesar Dressing

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Servings: 12

1 large pasteurized shell egg
3 cloves garlic, chopped
1 teaspoon fish sauce
2 tablespoons fresh lemon juice
1 teaspoon Dijon mustard
1/2 cup olive oil
1 teaspoon Worcestershire sauce
1/2 cup Parmigiano-Reggiano cheese,
finely grated
1/4 teaspoon coarse salt
1/4 teaspoon ground black pepper

In a blender, combine the egg, garlic, fish sauce, lemon juice and mustard. Process to blend.

With the machine running, slowly add the oil, processing until the mixture is emulsified. (The dressing should still be thin, not quite as thick as an aioli.)

Add the Worcestershire sauce. Stir in the cheese. Season to taste with salt and pepper.

Per Serving (excluding unknown items): 83 Calories; 9g Fat (96.3% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; trace Cholesterol; 49mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	83
% Calories from Fat:	96.3%
% Calories from Carbohydrates:	3.3%
% Calories from Protein:	0.4%
Total Fat (g):	9g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	trace
Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	1mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0

Sodium (mg): 49mg
Potassium (mg): 11mg
Calcium (mg): 3mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 2mg
Vitamin A (i.u.): 1IU
Vitamin A (r.e.): 0RE

Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 83 **Calories from Fat:** 80

% Daily Values*

Total Fat 9g 14%
 Saturated Fat 1g 6%
Cholesterol trace 0%
Sodium 49mg 2%
Total Carbohydrates 1g 0%
 Dietary Fiber trace 0%
Protein trace

Vitamin A 0%
Vitamin C 4%
Calcium 0%
Iron 1%

* Percent Daily Values are based on a 2000 calorie diet.