

# Lemon Balsamic Salad Dressing

50 Salad Dressings  
Food Network Magazine

2 tablespoons balsamic vinegar  
1 tablespoon lemon juice  
2 teaspoons Dijon mustard  
1/2 teaspoon Kosher salt  
pepper (to taste)  
1/2 cup olive oil

In a bowl, whisk the vinegar, lemon juice, mustard, Kosher salt and pepper.

Gradually whisk in the olive oil.

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Per Serving (excluding unknown items): 971 Calories; 108g Fat (98.2% calories from fat); 1g Protein; 4g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1066mg Sodium. Exchanges: 0 Lean Meat; 0 Fruit; 21 1/2 Fat; 0 Other Carbohydrates.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	971
% Calories from Fat:	98.2%
% Calories from Carbohydrates:	1.6%
% Calories from Protein:	0.2%
Total Fat (g):	108g
Saturated Fat (g):	15g
Monounsaturated Fat (g):	80g
Polyunsaturated Fat (g):	9g
Cholesterol (mg):	0mg
Carbohydrate (g):	4g
Dietary Fiber (g):	trace
Protein (g):	1g
Sodium (mg):	1066mg
Potassium (mg):	65mg
Calcium (mg):	12mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	7mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	3mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	21 1/2
Other Carbohydrates:	0

Vitamin A (i.u.): 3IU  
Vitamin A (r.e.): 1/2RE

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## Nutrition Facts

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### Amount Per Serving

<b>Calories</b>	971	Calories from Fat: 953
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### % Daily Values\*

<b>Total Fat</b>	108g	167%
Saturated Fat	15g	73%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	1066mg	44%
<b>Total Carbohydrates</b>	4g	1%
Dietary Fiber	trace	1%
<b>Protein</b>	1g	
<b>Vitamin A</b>		0%
<b>Vitamin C</b>		12%
<b>Calcium</b>		1%
<b>Iron</b>		5%

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