

Lemon Salad Dressing

50 Salad Dressings
Food Network Magazine

2 tablespoons lemon juice
1 tablespoon Dijon mustard
1 teaspoon lemon zest
1/2 teaspoon sugar
salt (to taste)
1/4 cup olive oil
1/4 cup vegetable oil

In a bowl, whisk the lemon juice, mustard, lemon zest, sugar and salt.

Gradually whisk in the olive oil and vegetable oil.

Per Serving (excluding unknown items): 987 Calories; 109g Fat (97.3% calories from fat); 1g Protein; 6g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 188mg Sodium. Exchanges: 0 Lean Meat; 0 Fruit; 22 Fat; 0 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	987
% Calories from Fat:	97.3%
% Calories from Carbohydrates:	2.4%
% Calories from Protein:	0.3%
Total Fat (g):	109g
Saturated Fat (g):	14g
Monounsaturated Fat (g):	73g
Polyunsaturated Fat (g):	16g
Cholesterol (mg):	0mg
Carbohydrate (g):	6g
Dietary Fiber (g):	1g
Protein (g):	1g
Sodium (mg):	188mg
Potassium (mg):	61mg
Calcium (mg):	18mg
Iron (mg):	1mg
Zinc (mg):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	5mcg
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:	22
Other Carbohydrates:	0

Vitamin C (mg): 17mg
Vitamin A (i.u.): 7IU
Vitamin A (r.e.): 1/2RE

Nutrition Facts

Amount Per Serving

Calories	987	Calories from Fat: 961
-----------------	-----	------------------------

% Daily Values*

Total Fat	109g	168%
Saturated Fat	14g	68%
Cholesterol	0mg	0%
Sodium	188mg	8%
Total Carbohydrates	6g	2%
Dietary Fiber	1g	3%
Protein	1g	

Vitamin A	0%
Vitamin C	28%
Calcium	2%
Iron	3%

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