

Lemon-Thyme Dressing

adapted from The Cozy Apron
www.DamnDelicious.net

Servings: 4

3/4 cup mayonnaise
1/4 cup freshly squeezed lemon juice
1 1/2 tablespoons lemon zest
1 tablespoon sugar
1 teaspoon fresh thyme leaves
Kosher salt (to taste)
ground black pepper (to taste)
1/3 cup olive oil

Preparation Time: 10 minutes

Cook Time:

In the bowl of a food processor, combine the mayonnaise, lemon juice, zest, sugar and thyme. Season to taste with salt and pepper.

With the motor running, add the olive oil in a slow stream until emulsified.

Set aside.

Per Serving (excluding unknown items): 467 Calories; 53g Fat (96.7% calories from fat); trace Protein; 4g Carbohydrate; trace Dietary Fiber; 14mg Cholesterol; 235mg Sodium. Exchanges: 0 Grain(Starch); 0 Fruit; 6 1/2 Fat; 0 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	467	Vitamin B6 (mg):	.2mg
% Calories from Fat:	96.7%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	2.9%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.4%	Riboflavin B2 (mg):	trace
Total Fat (g):	53g	Folacin (mcg):	4mcg
Saturated Fat (g):	7g	Niacin (mg):	trace
Monounsaturated Fat (g):	22g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	19g	Alcohol (kcal):	0
Cholesterol (mg):	14mg	% Refused:	0.0%
Carbohydrate (g):	4g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	235mg	Vegetable:	0

Potassium (mg): 19mg
Calcium (mg): 11mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 3mg
Vitamin A (i.u.): 126IU
Vitamin A (r.e.): 24RE

Fruit: 0
Non-Fat Milk: 0
Fat: 6 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 467 Calories from Fat: 452

% Daily Values*

Total Fat 53g 81%
Saturated Fat 7g 36%
Cholesterol 14mg 5%
Sodium 235mg 10%
Total Carbohydrates 4g 1%
Dietary Fiber trace 1%
Protein trace

Vitamin A 3%
Vitamin C 5%
Calcium 1%
Iron 2%

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