

Pepperoncini Salad Dressing

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Yield: 1/2 cup

1/4 cup extra-virgin olive oil
3 tablespoons pepperoncini pepper,
finely chopped
3 tablespoons brine
1 tablespoon fresh dill, chopped
1 teaspoon grated lemon zest
coarse salt
ground pepper

In a small jar, combine the olive oil,
pepperoncini, brine, dill and lemon zest.

Season with salt and pepper.

Seal and shake vigorously until combined.

To store, refrigerate in an airtight container for
up to three days.

Per Serving (excluding unknown
items): 485 Calories; 54g Fat
(97.9% calories from fat); trace
Protein; 3g Carbohydrate; trace
Dietary Fiber; 0mg Cholesterol;
2mg Sodium. Exchanges: 0
Vegetable; 11 Fat; 0 Other
Carbohydrates.

Sauces

Per Serving Nutritional Analysis

Calories (kcal):	485
% Calories from Fat:	97.9%
% Calories from Carbohydrates:	2.1%
% Calories from Protein:	0.0%
Total Fat (g):	54g
Saturated Fat (g):	7g
Monounsaturated Fat (g):	40g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	0mg
Carbohydrate (g):	3g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	2mg
Potassium (mg):	4mg
Calcium (mg):	1mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	1mcg
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

Iron (mg): trace
 Zinc (mg): trace
 Vitamin C (mg): trace
 Vitamin A (i.u.): 43IU
 Vitamin A (r.e.): 4 1/2RE

Fat: 11
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 485 **Calories from Fat:** 475

% Daily Values*

Total Fat	54g	83%
Saturated Fat	7g	36%
Cholesterol	0mg	0%
Sodium	2mg	0%
Total Carbohydrates	3g	1%
Dietary Fiber	trace	1%
Protein	trace	

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

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