

# Tomato Vinaigrette Dressing

*Pine Ridge Inn - Mount Airy, NC  
The Great Country Inns of America Cookbook (2nd ed) (1992)*

## Yield: 2 cups

1 egg  
1/4 teaspoon dry mustard  
1 tablespoon paprika  
2 teaspoons salt  
6 tablespoons tomato paste  
1 tablespoon sugar  
1/2 teaspoon fresh basil, chopped  
1 teaspoon Worcestershire sauce  
1 cup vegetable oil  
1/3 cup white wine vinegar  
1/2 cup warm water

Place the egg, mustard, paprika, salt, tomato paste, sugar, basil and Worcestershire in a blender. Blend on low for 1 minute.

Add the oil and vinegar alternately. Then add the warm water.

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Per Serving (excluding unknown items): 2167 Calories; 225g Fat (90.6% calories from fat); 11g Protein; 41g Carbohydrate; 5g Dietary Fiber; 212mg Cholesterol; 5165mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 3 1/2 Vegetable; 44 Fat; 1 Other Carbohydrates.

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## Sauces and Condiments

### Per Serving Nutritional Analysis

Calories (kcal):	2167
% Calories from Fat:	90.6%
% Calories from Carbohydrates:	7.4%
% Calories from Protein:	2.0%
Total Fat (g):	225g
Saturated Fat (g):	27g
Monounsaturated Fat (g):	131g
Polyunsaturated Fat (g):	48g
Cholesterol (mg):	212mg
Carbohydrate (g):	41g

Vitamin B6 (mg):	.6mg
Vitamin B12 (mcg):	.6mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.6mg
Folacin (mcg):	54mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

### Food Exchanges

Dietary Fiber (g): 5g  
 Protein (g): 11g  
 Sodium (mg): 5165mg  
 Potassium (mg): 1274mg  
 Calcium (mg): 115mg  
 Iron (mg): 5mg  
 Zinc (mg): 2mg  
 Vitamin C (mg): 56mg  
 Vitamin A (i.u.): 6852IU  
 Vitamin A (r.e.): 730 1/2RE

Grain (Starch): 1/2  
 Lean Meat: 1  
 Vegetable: 3 1/2  
 Fruit: 0  
 Non-Fat Milk: 0  
 Fat: 44  
 Other Carbohydrates: 1

## Nutrition Facts

### Amount Per Serving

**Calories** 2167      Calories from Fat: 1963

### % Daily Values\*

**Total Fat** 225g 345%  
     Saturated Fat 27g 135%  
**Cholesterol** 212mg 71%  
**Sodium** 5165mg 215%  
**Total Carbohydrates** 41g 14%  
     Dietary Fiber 5g 22%  
**Protein** 11g

**Vitamin A** 137%  
**Vitamin C** 93%  
**Calcium** 12%  
**Iron** 29%

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