



# Quick Marinade for Vegetables or Meat

Good Seasons Italian Salad Dressing Mix adapted for fat content

**Number of Servings: 13**

**Calories Per Serving: 43**

**CPF Ratio: 11-0-89**

## Cooking Instructions

Mix all ingredients and use as marinade or salad dressing.

**Note:** By making your own simple and quick salad dressing and adjusting for type of oil and amount, you improve the nutritional content versus many bottled brands. Olive oil is a monounsaturated fat, which is heart healthy (helps reduce cholesterol levels, improves HDL/LDL ratios and extra virgin olive oil is higher in antioxidants).

## Exchanges Per Serving:

1 Fat

## Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.
ITALIAN SALAD DRESSING	Good Seasons Dry Mix	1 item	20
WATER		1/4 cup	0
VINEGAR, BALSAMIC		1/4 cup	56
OLIVE OIL		1/4 cup	56
	Recipe Total:		132
	Single Serving Total:		10

Nutrition Information	
Serving Size: 1/13 of recipe-1 tablespoon (10g)	
Servings: 1	
Amount Per Serving	
<b>Calories</b> 43	Calories from Fat 38
% Daily Value*	
<b>Total Fat</b> 4g	<b>7%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 197mg	<b>8%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 1 g	
<b>Protein</b> 0 g	
Vitamin A 0%	■ Vitamin C 0%
Calcium 0%	■ Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet	