

## Salad Dressings



### Italian Dressing

#### INGREDIENTS:

- ¾ cup extra-virgin olive oil
- 4 tbsp. red wine vinegar
- 2 tbsp. fresh lemon juice
- 2 garlic cloves, pressed
- 3 tbsp. minced fresh parsley
- 1 tbsp. minced fresh basil
- 2 tsp. dried oregano
- ½ tsp. red pepper flakes
- ¼ tsp. salt
- ¼ tsp. pepper
- ½ tsp. granular noncaloric sweetener

Combine oil, vinegar, lemon juice, garlic, parsley, basil, oregano, red pepper flakes, salt, pepper, and sugar substitute in a jar with a tight-fitting lid; shake vigorously. (This can also be done in a blender.) Use right away or refrigerate in an airtight container for up to 3 days

#### PER SERVING:

Net carbs: 1 gram  
Total carbs: 1 gram  
Fiber: 0 grams  
Protein: 0 grams  
Fat: 21 grams  
Calories: 200

### French Dressing

#### INGREDIENTS:

- ½ cup low-carb ketchup
- ½ cup canola oil
- ¼ cup cider vinegar
- 1 tbsp. xylitol
- ½ tsp. salt
- ¼ tsp. garlic powder
- Pinch cayenne pepper

Whisk ketchup, oil, vinegar, xylitol, salt, garlic powder, and cayenne pepper in a medium bowl. Use right away or refrigerate in an airtight container for up to 3 days.

#### PER SERVING:

Net carbs: 1 gram  
Total carbs: 2 grams  
Fiber: 1 gram  
Protein: 0 grams  
Fat: 11 grams  
Calories: 110

### Sweet Mustard Dressing

#### INGREDIENTS:

- 1/3 cup coarse-grain mustard
- 1/3 cup cider vinegar
- ¼ cup sugar-free pancake syrup
- ½ tsp. salt
- ¼ tsp. pepper
- 2/3 cup canola oil

Combine mustard, vinegar, syrup, salt, and pepper in a small bowl. Add oil in a slow, steady stream, whisking until dressing thickens. Use right away or refrigerate in an airtight container for up to 2 days.

#### PER SERVING:

Net carbs: 1 gram  
Total carbs: 1 gram  
Fiber: 0 grams  
Protein: 1 gram  
Fat: 15 grams  
Calories: 140