

Zero Calorie Dressing

Makes: 4 servings

Ingredients

1/2 cup juice, tomato

2 tablespoons juice, lemon (or vinegar)

1 teaspoon onion (grated)

1/2 teaspoon Worcestershire sauce

1/4 teaspoon salt

1/4 teaspoon prepared mustard

Directions

1. Combine all ingredients.
2. Store in refrigerator.

Source: Washington State University Extension, Favorite Recipes

Nutrition Information

Nutrients	Amount
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Calories	9
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Total Fat	0 g
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Saturated Fat	0 g
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Cholesterol	0 mg
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Sodium	243 mg
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Total Carbohydrate	2 g
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Dietary Fiber	0 g
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Total Sugars	1 g
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Added Sugars included	0 g
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Protein	0 g
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Vitamin D	0 IU
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Calcium	6 mg
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Iron	0 mg
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Potassium	87 mg
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N/A - data is not available

MyPlate Food Groups

 Vegetables	1/4 cup
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