

Celery-Honey Dressing

Peg O'Shea

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Yield: 3 cups

1/2 cup sugar
1 teaspoon dry mustard
1 teaspoon paprika
1/4 teaspoon salt
1/3 cup honey
1 tablespoon lemon juice
1/4 cup vinegar
1 cup vegetable oil
1 teaspoon onion, grated
1 teaspoon celery seeds

In the container of an electric blender, combine the sugar, dry mustard, paprika, salt, honey, lemon juice and vinegar. Blend well.

Slowly add the oil, continuing to blend until thick.

Stir in the onion and celery seeds.

Cover and store in the refrigerator.

Per Serving (excluding unknown items): 2690 Calories; 219g Fat (71.0% calories from fat); 2g Protein; 200g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 544mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 44 Fat; 13 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

| | |
|--------------------------------|-------|
| Calories (kcal): | 2690 |
| % Calories from Fat: | 71.0% |
| % Calories from Carbohydrates: | 28.7% |
| % Calories from Protein: | 0.2% |
| Total Fat (g): | 219g |
| Saturated Fat (g): | 25g |
| Monounsaturated Fat (g): | 129g |
| Polyunsaturated Fat (g): | 47g |
| Cholesterol (mg): | 0mg |
| Carbohydrate (g): | 200g |
| Dietary Fiber (g): | 1g |
| Protein (g): | 2g |
| Sodium (mg): | 544mg |

| | |
|---------------------|-------|
| Vitamin B6 (mg): | .1mg |
| Vitamin B12 (mcg): | 0mcg |
| Thiamin B1 (mg): | trace |
| Riboflavin B2 (mg): | .1mg |
| Folacin (mcg): | 7mcg |
| Niacin (mg): | 1mg |
| Caffeine (mg): | 0mg |
| Alcohol (kcal): | 0 |
| % Refuse: | 0.0% |

Food Exchanges

| | |
|-----------------|---|
| Grain (Starch): | 0 |
| Lean Meat: | 0 |
| Vegetable: | 0 |

Potassium (mg): 243mg
Calcium (mg): 64mg
Iron (mg): 3mg
Zinc (mg): 1mg
Vitamin C (mg): 10mg
Vitamin A (i.u.): 1404IU
Vitamin A (r.e.): 140RE

Fruit: 0
Non-Fat Milk: 0
Fat: 44
Other Carbohydrates: 13

Nutrition Facts

Amount Per Serving

Calories 2690 Calories from Fat: 1910

% Daily Values*

| | | |
|----------------------------|-------|------|
| Total Fat | 219g | 337% |
| Saturated Fat | 25g | 127% |
| Cholesterol | 0mg | 0% |
| Sodium | 544mg | 23% |
| Total Carbohydrates | 200g | 67% |
| Dietary Fiber | 1g | 4% |
| Protein | 2g | |
| Vitamin A | | 28% |
| Vitamin C | | 17% |
| Calcium | | 6% |
| Iron | | 14% |

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