

Creamy Caper-Herb Salad Dressing

50 Salad Dressings
Food Network Magazine

2 tablespoons mayonnaise
2 tablespoons Dijon mustard
2 tablespoons red wine vinegar
1 shallot, minced
2 tablespoons chopped capers
1 tablespoon chives, minced
1 tablespoon parsley, minced
1 tablespoon tarragon, minced
1/2 teaspoon Kosher salt
1/2 cup olive oil

In a bowl, whisk the mayonnaise, Dijon mustard, vinegar, shallot, capers, chives, parsley, tarragon and salt.

Gradually whisk in the olive oil.

Per Serving (excluding unknown items): 1204 Calories; 133g Fat (96.3% calories from fat); 3g Protein; 8g Carbohydrate; 1g Dietary Fiber; 10mg Cholesterol; 1634mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 23 1/2 Fat; 1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	1204	Vitamin B6 (mg):	.3mg
% Calories from Fat:	96.3%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	2.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.0%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	133g	Folacin (mcg):	30mcg
Saturated Fat (g):	18g	Niacin (mg):	1mg
Monounsaturated Fat (g):	87g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	21g	Alcohol (kcal):	0
Cholesterol (mg):	10mg	% Refuse:	0.0%
Carbohydrate (g):	8g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	3g	Lean Meat:	1/2
Sodium (mg):	1634mg	Vegetable:	1/2
Potassium (mg):	291mg	Fruit:	0

Calcium (mg): 98mg
Iron (mg): 3mg
Zinc (mg): 1mg
Vitamin C (mg): 10mg
Vitamin A (i.u.): 1853IU
Vitamin A (r.e.): 193RE

Non-Fat Milk: 0
Fat: 23 1/2
Other Carbohydrates: 1/2

Nutrition Facts

Amount Per Serving

Calories 1204 **Calories from Fat:** 1160

% Daily Values*

Total Fat 133g 205%
 Saturated Fat 18g 90%
Cholesterol 10mg 3%
Sodium 1634mg 68%
Total Carbohydrates 8g 3%
 Dietary Fiber 1g 5%
Protein 3g

Vitamin A 37%
Vitamin C 17%
Calcium 10%
Iron 18%

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