

# Garlic French Dressing

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

## Yield: 2 1/2 to 3 cups

1 can (10-3/4 ounce) tomato soup  
3/4 cup vinegar  
1/2 to 3/4 cup sugar  
1 tablespoon salt  
1 teaspoon pepper  
1 teaspoon paprika  
1 tablespoon yellow mustard  
1 tablespoon Worcestershire sauce  
1 onion finely grated  
2 to 3 cloves garlic, finely grated  
1 cup vegetable oil

In a bowl, combine the ingredients in the order listed. Mix until well blended.

Place the mixture in a container with a tight-fitting lid. Refrigerate until needed.

Shake well before using.

Per Serving (excluding unknown items): 2469 Calories; 221g Fat (78.1% calories from fat); 4g Protein; 135g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 7431mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 44 Fat; 7 1/2 Other Carbohydrates.

## Sauces and Condiments

### Per Serving Nutritional Analysis

Calories (kcal):	2469
% Calories from Fat:	78.1%
% Calories from Carbohydrates:	21.3%
% Calories from Protein:	0.6%
Total Fat (g):	221g
Saturated Fat (g):	26g
Monounsaturated Fat (g):	130g
Polyunsaturated Fat (g):	48g
Cholesterol (mg):	0mg
Carbohydrate (g):	135g
Dietary Fiber (g):	2g
Protein (g):	4g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	19mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

### Food Exchanges

Grain (Starch):	1
Lean Meat:	0

**Sodium (mg):** 7431mg  
**Potassium (mg):** 690mg  
**Calcium (mg):** 119mg  
**Iron (mg):** 5mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 97mg  
**Vitamin A (i.u.):** 2102IU  
**Vitamin A (r.e.):** 213RE

**Vegetable:** 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 44  
**Other Carbohydrates:** 7 1/2

## Nutrition Facts

### Amount Per Serving

<b>Calories</b>	2469	Calories from Fat: 1928
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### % Daily Values\*

<b>Total Fat</b>	221g	340%
Saturated Fat	26g	128%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	7431mg	310%
<b>Total Carbohydrates</b>	135g	45%
Dietary Fiber	2g	8%
<b>Protein</b>	4g	
<b>Vitamin A</b>		42%
<b>Vitamin C</b>		162%
<b>Calcium</b>		12%
<b>Iron</b>		30%

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