

# "Ole South" French Dressing

Mr. Thomas E. Robinson

River Road Recipes II (1976) - The Junior League, Baton Rouge, LA

## Yield: 1 1/2 cups

1/2 cup sugar  
1/4 cup vinegar  
1 teaspoon lemon juice  
2 teaspoons onion salt  
1/3 cup ketchup  
1/2 cup salad oil  
1 teaspoon salt  
1 teaspoon red pepper

Place all of the ingredients in a blender. Blend well.

Pour into a 1-1/2 cup plastic or glass container and refrigerate for at least twenty-four hours before using to enhance flavor.

Per Serving (excluding unknown items): 1445 Calories; 109g Fat (65.8% calories from fat); 1g Protein; 126g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 6271mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 22 Fat; 8 1/2 Other Carbohydrates.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	1445
% Calories from Fat:	65.8%
% Calories from Carbohydrates:	33.8%
% Calories from Protein:	0.4%
Total Fat (g):	109g
Saturated Fat (g):	13g
Monounsaturated Fat (g):	65g
Polyunsaturated Fat (g):	23g
Cholesterol (mg):	0mg
Carbohydrate (g):	126g
Dietary Fiber (g):	1g
Protein (g):	1g
Sodium (mg):	6271mg
Potassium (mg):	455mg
Calcium (mg):	34mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	13mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0

Iron (mg): 1mg  
Zinc (mg): trace  
Vitamin C (mg): 20mg  
Vitamin A (i.u.): 982IU  
Vitamin A (r.e.): 98 1/2RE

Fat: 22  
Other Carbohydrates: 8 1/2

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## Nutrition Facts

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### Amount Per Serving

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<b>Calories</b>	1445	Calories from Fat: 951
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### % Daily Values\*

<b>Total Fat</b>	109g	168%
Saturated Fat	13g	63%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	6271mg	261%
<b>Total Carbohydrates</b>	126g	42%
Dietary Fiber	1g	5%
<b>Protein</b>	1g	

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<b>Vitamin A</b>	20%
<b>Vitamin C</b>	34%
<b>Calcium</b>	3%
<b>Iron</b>	5%

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