

# Sun-Dried Tomato Dressing

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**Servings: 18**

**Yield: 1 cup**

*1/2 cup oil-packed sun-dried  
tomatoes*  
*1/2 cup apple cider vinegar or red  
wine vinegar*  
*1 shallot*  
*4 basil leaves*  
*1 teaspoon chives, chopped*  
*1 clove garlic, crushed*  
*1 teaspoon sugar (optional)*  
*1/2 teaspoon salt*  
*1/8 teaspoon coarsely ground black  
pepper*  
*1/2 cup extra-virgin olive oil*

In a blender or food processor, combine the tomatoes, vinegar, shallot, basil, chives, garlic, sugar (if using), salt and pepper. Pulse until the tomatoes are finely chopped.

Add the oil, a little at a time. Pulse until thick and well blended.

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Per Serving (excluding unknown items): 54 Calories; 6g Fat (98.7% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 59mg Sodium. Exchanges: 0 Vegetable; 1 Fat.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	54	Vitamin B6 (mg):	trace
% Calories from Fat:	98.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	1.1%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.2%	Riboflavin B2 (mg):	0mg
Total Fat (g):	6g	Folacin (mcg):	trace
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value:	0%

Carbohydrate (g):	trace
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	59mg
Potassium (mg):	3mg
Calcium (mg):	1mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	76IU
Vitamin A (r.e.):	7 1/2RE

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 18

### Amount Per Serving

**Calories** 54 Calories from Fat: 53

### % Daily Values\*

<b>Total Fat</b>	6g	9%
Saturated Fat	1g	4%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	59mg	2%
<b>Total Carbohydrates</b>	trace	0%
Dietary Fiber	trace	0%
<b>Protein</b>	trace	

<b>Vitamin A</b>	2%
<b>Vitamin C</b>	0%
<b>Calcium</b>	0%
<b>Iron</b>	0%

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