

Sweet and Sour Poppy Seed Dressing

Helmer House - McMillan, MI
The Great Country Inns of America Cookbook (2nd ed) (1992)

Yield: 1 2/3 cups

3/4 cup sugar
1 teaspoon dry mustard
1 teaspoon salt
1/3 cup cider vinegar
1 tablespoon onion juice (optional)
1 cup salad oil
1 1/2 tablespoons poppy seeds

Copyright: James Stroman

In a medium bowl, combine the sugar, mustard, salt, vinegar and onion juice.

Using a portable mixer, gradually beat in the oil until the mixture is thick and smooth.

Stir in the poppy seeds.

Store in a covered container in the refrigerator.

Per Serving (excluding unknown items): 2596 Calories; 224g Fat (75.8% calories from fat); 3g Protein; 158g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 2137mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 44 1/2 Fat; 10 1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

| | |
|--------------------------------|--------|
| Calories (kcal): | 2596 |
| % Calories from Fat: | 75.8% |
| % Calories from Carbohydrates: | 23.7% |
| % Calories from Protein: | 0.4% |
| Total Fat (g): | 224g |
| Saturated Fat (g): | 26g |
| Monounsaturated Fat (g): | 130g |
| Polyunsaturated Fat (g): | 50g |
| Cholesterol (mg): | 0mg |
| Carbohydrate (g): | 158g |
| Dietary Fiber (g): | 1g |
| Protein (g): | 3g |
| Sodium (mg): | 2137mg |
| Potassium (mg): | 189mg |

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

Food Exchanges

| | |
|-----------------|-----|
| Grain (Starch): | 0 |
| Lean Meat: | 1/2 |
| Vegetable: | 0 |
| Fruit: | 0 |

Calcium (mg): 216mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): trace
Vitamin A (i.u.): 6IU
Vitamin A (r.e.): 1/2RE

Non-Fat Milk: 0
Fat: 44 1/2
Other Carbohydrates: 10 1/2

Nutrition Facts

Amount Per Serving

Calories 2596 **Calories from Fat:** 1969

% Daily Values*

Total Fat 224g 345%
 Saturated Fat 26g 129%
Cholesterol 0mg 0%
Sodium 2137mg 89%
Total Carbohydrates 158g 53%
 Dietary Fiber 1g 5%
Protein 3g

Vitamin A 0%
Vitamin C 0%
Calcium 22%
Iron 11%

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