



A nutrition Fact Sheet



Easy Made-From-Scratch Salad Dressings

Ranch Dressing Mix

Yield: ¾ cup

- 1 Tablespoon salt
- ½ cup dry parsley flakes
- 2 Tablespoons garlic powder
- 4 teaspoons onion powder
- 4 teaspoons black pepper
- 1½ Tablespoons dried dill (optional)

1. Combine all ingredients. Mix well.
2. Store in an airtight jar until ready to use.

Ranch Salad Dressing

Yield: 8 servings • Serving: 2 Tablespoons

- 1 cup lowfat mayonnaise
- ½ cup plain yogurt
- 2 Tablespoons lowfat milk
- 4 teaspoons dry *Ranch Dressing Mix*

1. Combine all ingredients. Mix well.
2. Chill until ready to use. Can be refrigerated for up to 2 weeks.

Which type of vinegar should you use for salad dressings?

- Red and white wine vinegars are good choices for salad dressings.
- Apple cider vinegar can be substituted; it is mild and has a sweeter flavor.
- Rice vinegar is the mildest of all vinegars, with much less acidity than other vinegars. It's often used in Asian or Chinese cooking.
- Plain distilled vinegar is made from grain alcohol and has a very sharp, unpleasant taste. Use it in very small quantities or add some sugar to sweeten the taste.
- Lemon and lime juices can be substituted for red wine, white wine, apple cider, and rice wine vinegars.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

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Nutrition Facts	
8 servings per container	
Serving size	2 Tablespoons (43g)
Amount per serving	
Calories	40
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	13%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 0mg	0%
Potassium 1mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Salad Dressings in a Jar

Honey Mustard Vinaigrette

Yield: 7 servings

Serving: 2 Tablespoons

- ¼ cup vegetable oil OR olive oil
- ¼ cup vinegar
- 2 Tablespoons honey
- 2 Tablespoons mustard (any type)
- 2 teaspoons lemon juice
- ¼ teaspoon black pepper

Nutrition Facts	
7 servings per container	
Serving size	2 Tablespoons (28g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 5g Added Sugars	10%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 1mg	0%
Iron 0mg	0%
Potassium 12mg	0%

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Italian Salad Dressing

Yield: 8 servings

Serving: 2 Tablespoons

- 1½ teaspoons Italian Seasoning
- 1 teaspoon salt
- 1 teaspoon sugar
- ½ teaspoon pepper
- 1 clove garlic, finely minced OR
 ¼ teaspoon garlic powder
- ⅓ cup apple cider vinegar
- ⅔ cup vegetable oil OR olive oil

Nutrition Facts	
8 servings per container	
Serving size	2 Tablespoons (31g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	13%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 1mg	0%
Iron 0mg	0%
Potassium 11mg	0%

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French Salad Dressing

Yield: 10 servings

Serving: 2 Tablespoons

- ¼ cup vegetable oil OR olive oil
- ½ cup ketchup
- 2 teaspoons sugar
- 2 Tablespoons vinegar
- 1 teaspoon paprika
- 2 Tablespoons grated onion
- 2 Tablespoons lemon juice

Nutrition Facts	
10 servings per container	
Serving size	2 Tablespoons (30g)
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 1g Added Sugars	2%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 1mg	0%
Iron 0mg	0%
Potassium 6mg	0%

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1. Put all ingredients in a jar or bottle with a lid.
2. Put lid on tightly. Shake well.
3. Chill for at least 1 hour before serving.
4. Can be refrigerated for up to 2 weeks.

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