

SALADS, SALAD DRESSINGS, AND RELISHES No.M 058 01
LOW CALORIE FRENCH DRESSING

Yield 100

Portion 2 Tablespoons

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
14 cal	3 g	0 g	0 g	0 mg	490 mg	4 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
MUSTARD, DRY	1-1/4 oz	3 tbsp	
PAPRIKA, GROUND	1/2 oz	2 tbsp	
SALT	3-3/4 oz	1/4 cup 2-1/3 tbsp	
SUGAR, GRANULATED	3-1/2 oz	1/2 cup	
CATSUP	1-1/3 lbs	2-1/2 cup	
ONIONS, FRESH, GRATED	1-3/8 oz	1/4 cup 1/3 tbsp	1-5/8 oz
VINEGAR, DISTILLED	2-1/8 lbs	1 qts	
WATER	2-5/8 lbs	1 qts 1 cup	

Method

- 1 Combine mustard, paprika, salt, sugar, catsup, and onions in mixer bowl.
- 2 Using a wire whip, beat at medium speed about 2 minutes or until well blended.
- 3 Continue beating; slowly add vinegar and water alternately.
- 4 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.
- 5 Shake or beat well before using.