

## Homemade Dressings



### **French Dressing**

(1 1/2 cups)

1/3 cup **vinegar**  
2 tablespoons **sugar**  
1/2 cup **ketchup**  
1/2 cup **oil**  
1/2 teaspoon **garlic powder**  
1/2 teaspoon **onion powder**



### **Honey Mustard Dressing**

(1 1/4 cup)

5 tablespoons **vinegar**  
4 tablespoons **mustard**  
2 tablespoons **honey**  
1/2 teaspoon **garlic powder**  
1/4 teaspoon **salt**  
1/2 cup **oil**



### **Ranch Dressing**

(1 cup)

1/3 cup **mayonnaise**  
1/3 cup **plain yogurt**  
1/3 cup low fat **milk**  
2 teaspoons **vinegar**  
1/4 teaspoon **salt**  
1/2 teaspoon **onion powder**  
1/4 teaspoon **garlic powder**

### **Directions**

Combine ingredients from the dressing of your choice in a bowl and whisk thoroughly until smooth **OR** put all ingredients in a jar with a lid and shake vigorously.



## French

### Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(29g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 11g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 125mg	6%
<b>Total Carbohydrate</b> 4g	1%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 3g Added Sugars	6%
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 0mg	0%
Potassium 13mg	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.

## Honey Mustard

### Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(29g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 105mg	6%
<b>Total Carbohydrate</b> 5g	2%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 2g Added Sugars	4%
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Calcium 3mg	0%
Iron 0mg	0%
Potassium 35mg	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.

## Ranch

### Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(31g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>70</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 140mg	6%
<b>Total Carbohydrate</b> 1g	0%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 0mg	0%
Potassium 42mg	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.

### Additional Notes:

*This card was funded by the USDA SNAP program, which is called 3SquaresVT in Vermont. USDA is an equal opportunity provider and employer. To learn how 3SquaresVT can help low income people buy more healthy food, go to [www.vermontfoodhelp.com](http://www.vermontfoodhelp.com) or call Vermont 2-1-1.*