

# Classic Creamy Italian Salad Dressing

Yield: 8 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/low-fat-creamy-italian-salad-dressing-recipe>

## Ingredients:

- 1/4 cup white wine vinegar
- 2 tablespoons lemon juice
- 1/3 cup olive oil good quality
- 1/2 cup mayonnaise natural, high-quality
- 2 cloves garlic fresh, finely minced
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried parsley
- 1/2 teaspoon dried thyme
- 2 teaspoons honey
- 1/4 cup Parmesan cheese finely grated
- salt
- pepper
- 3 tablespoons water ONLY IF NEEDED to thin the dressing out a little bit

## Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 5 milligrams
4. Fat: 15 grams
5. Protein: 1 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 250 milligrams
8. Sugar: 2 grams

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