

# Mason Jar Italian Salad Dressing

Yield: 1 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/mason-jar-italian-salad-recipe>

## Ingredients:

- 3/4 cup extra-virgin olive oil
- 2 tablespoons white wine vinegar
- 2 tablespoons red wine vinegar
- 1 large garlic clove grated
- 1 tablespoon shallots or onion, grated
- 1 tablespoon red bell pepper finely chopped
- 1 teaspoon Dijon mustard
- 1/2 teaspoon honey
- 1 teaspoon fresh oregano chopped
- 1 teaspoon fresh thyme chopped
- 1 teaspoon fresh parsley chopped
- 1/8 teaspoon red pepper flakes
- salt
- pepper

## Nutrition:

1. Calories: 1510 calories
2. Carbohydrate: 14 grams
3. Fat: 163 grams
4. Fiber: 4 grams
5. Protein: 2 grams
6. SaturatedFat: 23 grams
7. Sodium: 790 milligrams
8. Sugar: 4 grams

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