

NanaJo's Oil-Free Italian Dressing

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/oil-free-sugar-free-italian-dressing-recipe>

Ingredients:

- 1 cup water
- 3 teaspoons cornstarch
- 2 teaspoons seasoning salt or salt-less seasoning blend
- 1 teaspoon Italian seasoning or Menudo Mix seasoning
- 1 tablespoon sweetener choice, date sugar works well Adjust to your taste. Different sweeteners will require different amounts. I like...
- 1 teaspoon onion powder not necessary if using Menudo Mix
- 2 teaspoons minced garlic I like lots of garlic, so I use 2
- 2/3 cup lemon juice

Nutrition:

1. Calories: 45 calories
2. Carbohydrate: 12 grams
3. Sodium: 25 milligrams
4. Sugar: 6 grams

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