

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 057 00**  
**ZERO SALAD DRESSING**

**Yield** 100

**Portion** 2 Tablespoons

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
7 cal	2 g	0 g	0 g	0 mg	184 mg	4 mg

**Ingredient**

JUICE,TOMATO,CANNED

VINEGAR,DISTILLED

SALT

ONIONS,FRESH,GRATED

PEPPERS,GREEN,FRESH,GROUND

CARROTS,FRESH,CHOPPED

PARSLEY,FRESH,BUNCH,CHOPPED

**Weight**

6-1/8 lbs

1-5/8 lbs

3/4 oz

3/4 oz

2/3 oz

12 oz

1/4 oz

**Measure**

2 qts 3-1/2 cup

3 cup

1 tbsp

2 tbsp

2 tbsp

2-5/8 cup

2 tbsp

**Issue**

3/4 oz

3/4 oz

14-5/8 oz

1/4 oz

**Method**

- 1 Combine tomato juice, vinegar, salt, onions, peppers, carrots and parsley; blend well.
- 2 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.
- 3 Shake well before using.

**Notes**

- 1 In Step 2, 3 cups canned tomato juice concentrate mixed with 2-1/4 quarts water may be used for canned tomato juice per 1 gallon of dressing.