MEALS on WHEELS SAN DIEGO COUNTY

Creamy Lime Dressing

Yield 10

Portion Size: 2 Tbsp

AMT	UNIT	INGREDIENTS
0.5	oz	cilantro
1	teas	red wine vinegar
1/4	cup	lime juice
1/2	cup	fat-free sour cream
0.1	oz.	garlic
1	T	honey or agave
1/2	cup	olive oil

PROCEDURES

1 Place all ingredients in blender and process until smooth.

	Yield:	10 (2.000 tablespoon(s))			
Ingredients					
1.000 T. Vinegar, Red Wine					
0.250 c. Juice, Lime					
0.500 c. Sour Cream					
7.000 g Garlic Clove					
1.000 T. Honey					
0.500 c. Oil, Olive					
0.500 oz. Coriander or Cilantro, Leaves And Stem (Cilantro, Hojas Y Tallo)					
Macronutrients				**Percentage of Kcals**	
Kilocalories		123.847	kcal		
Protein		0.313	g	Protein	1.0%
Carbohydrate		2.856	g	Carbohydrate	9.0%
Fat, Total		12.709	g	Fat, total	90.0%
Alcohol		0.000	g	Alcohol	0.0%
Cholesterol		4.992	mg		
Saturated Fat		2.597	g		
Monounsaturated Fat		8.367	g		
Polyunsaturated Fat		1.220	g		
Trans Fatty Acid		0.000	g		
Sugar, Total			g		
Dietary Fiber, Total		0.044	g		
Sugar, Total		2.112	g		
Vitamins & Minerals					
Sodium		5.571	mg	Phosphorus	20.860 mg
Potassium		33.017	mg	Magnesium	1.730 mg
Vitamin A (RE)		23.702	RE	Zinc	0.055 mg
Vitamin C		2.327	mg	Copper	0.006 mg
Calcium		14.544	mg	Manganese	0.016 mg
Iron		0.142	mg	Selenium	0.372 µg
Vitamin D (ug)		0.038	µg		
Vitamin E (mg)		0.042	mg		
Thiamin		0.008	mg		
Riboflavin		0.020	mg		
Niacin		0.041	mg		
Pyridoxine (Vitamin B6)		0.017	mg		
Folate (Total)		1.351	µg		
Cobalamin (Vitamin B12)		0.027	µg		
Pantothenic Acid		0.045	mg		
Vitamin K		6.723	µg		

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Ingredient	50 Servings	100 Servings	150 Servings	200 Servings
1.000 T. Vinegar, Red Wine	2.500 fluid ounce(s)	5.000 fluid ounce(s)	7.500 fluid ounce(s)	1 1/4 cup(s)
0.250 c. Juice, Lime	1 1/4 cup(s)	1 pint + 1/2 cup	1 pint + 1 3/4 cups	1 quart + 1/2 cup
0.500 c. Sour Cream	1 pint + 1/2 cup	1 quart + 1 cup	1 quart + 3 1/2 cups	2 quart(s) + 2 cups
7.000 g Garlic Clove	35.000 gram(s)	70.000 gram(s)	105.000 gram(s)	140.000 gram(s)
1.000 T. Honey	2.500 fluid ounce(s)	5.000 fluid ounce(s)	7.500 fluid ounce(s)	1 1/4 cup(s)
0.500 c. Oil, Olive	1 pint(s) + 1/2 cup	1 quart(s) + 1 cup	1 quart(s) + 3 1/2 cups	2 quart(s) + 1 pint
0.500 oz. Coriander or Cilantro, Leaves And S	2.500 ounce(s)	5.000 ounce(s)	7.500 ounce(s)	10.000 ounce(s)

Ingredient	250 Servings	300 Servings	350 Servings	400 Servings
1.000 T. Vinegar, Red Wine	1 1/2 cup(s)	1 3/4 cups + 2 tbs	1 pint + 3 tbs	1 pint + 1/2 cup
0.250 c. Juice, Lime	1 quart + 2 1/4 cup	1 quart + 3 1/2 cups	2 quart + 3/4 cups	2 quart(s) + 1 pint
0.500 c. Sour Cream	3 quart(s) + 1/2 cup	3 quart(s) + 3 cups	1 gallon + 1 1/2 cups	1 gallon(s) + 1 quart
7.000 g Garlic Clove	175.000 gram(s)	210.000 gram(s)	245.000 gram(s)	280.000 gram(s)
1.000 T. Honey	1 1/2 cups	1 3/4 cup(s) + 2 tbs	1 pint + 1 3/4 cups + 2 tbs	1 pint(s) + 1/2 cups
0.500 c. Oil, Olive	3 quart(s) + 1/4 cup	3 quart(s) + 3 cups	1 gallon + 1 1/2 cups	1 gallon + 1 quart
0.500 oz. Coriander or Cilantro, Leaves And S	12.500 ounce(s)	15.000 ounce(s)	1.094 pound(s)	1.250 pound(s)

Ingredient	450 Servings	500 Servings	550 Servings	600 Servings
1.000 T. Vinegar, Red Wine	1 pint + 3/4 cup + 1 tbs	1 pint + 1 cup + 2 tbs	1 pint + 2 3/4 cups + 2 tbs	1 pint + 1 3/4 cups
0.250 c. Juice, Lime	2 quart + 3 1/4 cups	3 quart(s) + 1/2 cup	3 quart(s)+ 1 3/4 cups	3 quart(s) + 1 1/2 cups
0.500 c. Sour Cream	1 gal + 1 qt + 2 1/2 cups	1 gal + 2 qt + 1 cup	1 gal + 2 qt + 3 1/2 cups	1 gallon + 3 qt + 1 pint
7.000 g Garlic Clove	315.000 gram(s)	350.000 gram(s)	385.000 gram(s)	420.000 gram(s)
1.000 T. Honey	1 pint + 3/4 cup + 1 tbs	1 pint + 1 cup + 2 tbs	1 pint + 1 1/4 cups + 3 tbs	1 pint + 1 3/4 cups
0.500 c. Oil, Olive	1 gallon + 1 qt + 2 1/2 cups	1 gallon + 2 qt + 1 cup	1 gallon + 1 pint + 3/4 cups + 2 tbs	1 gallon + 3 qt + 1 pint
0.500 oz. Coriander or Cilantro, Leaves And S	1.406 pound(s)	1.563 pound(s)	1.719 pound(s)	1.875 pound(s)