



Plain Salad Dressing

NIBBLEDISH CONTRIBUTOR

Ingredients

SERVES 5

- **3** Tablespoons of olive oil
- **100ml** vinegar
- **2pin** salt
- **1tsp** chopped parsley

Instructions

Finely chop the parsley. Combine all ingredients in a bowl and whisk them together.

NUTRITIONAL VALUES (1,4 to 1,6 PAL which corresponds to moderate activity of an office job)

WOMAN

Calories 4% RDA,

Protein 0% RDA,

Fats 11% RDA,

Cholesterol 0% RDA,

Carbs 0% RDA,

Sugar 0% RDA,

MAN

Calories 3% RDA,

Protein 0% RDA,

Fats 9% RDA,

Cholesterol 0% RDA,

Carbs 0% RDA,

Sugar 0% RDA.