AMERICAN · SAUCE

Zesty Italian Dressing with Parmesan

5 min · Makes 8 × 2 tbsp · 132 kcal a portion · Video 5:01 · Sugar Spun Run

Gluten-free ingredients · Nut-free

Almost all of the fat is from extra-virgin olive oil, mostly monounsaturated, and a 2-tbsp portion has about 1 g of sugar and under 2 g of net carbs, so it suits low-carb and keto eating.

Diet notes: Keto (1.3 g net carbs a serve); Vegetarian with a vegetarian hard cheese instead of the parmesan (traditionally made with animal rennet).

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Ingredients 14 · MAKES 8 × 2 TBSP

- [ ] ½ cup **extra-virgin olive oil**
- [ ] ¼ cup **red wine vinegar**
- [ ] 1 tbsp **fresh lemon juice**
- [ ] 1 tsp **Dijon mustard**
- [ ] 1 tsp **honey** (or sugar)
- [ ] 1 large **garlic** clove, pressed
- [ ] 1 tsp **dried oregano**
- [ ] ¾ tsp **fine sea salt**
- [ ] ½ tsp **ground black pepper**
- [ ] ½ tsp **dried basil**
- [ ] ½ tsp **onion powder**
- [ ] ¼ tsp **dried thyme**
- [ ] ⅛ tsp **crushed red pepper flakes** (optional)
- [ ] 2 tbsp finely grated **parmesan**

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the olive oil, red wine vinegar, lemon juice, Dijon and honey into a clean jar. 0:39
2. Press in the garlic, then add the oregano, basil, onion powder, thyme, chilli flakes, salt and pepper, and finally the grated parmesan. 1:52
3. Close the lid tightly and shake hard until the dressing looks cloudy and evenly mixed (or whisk it in a bowl, or use a stick blender for a dressing that stays mixed longer). 3:44
4. For the best flavour let it stand about 30 minutes before using. Keep it in the fridge for 7–10 days and shake again before each use; if the olive oil firms up in the cold, let it sit at room temperature. 4:14

> **Tip** Makes about 1 cup. Swap half the olive oil for a neutral oil for a milder taste. For a vegan version use sugar instead of honey and leave out the parmesan.

The method is a summary in our words — the video shows every step.

One portion (2 tbsp) gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
132 kcal	0.6 g	1.5 g	0.2 g	14 g	250 mg
550 kJ	1% of a day	1.3 g net · 0.8 g sugars	1% of a day	2.1 g saturated	11% of a day
		1% of a day		18% of a day	

Energy from net carbs 4% · protein 2% · fat 94% — fits keto: 1.3 g net carbs, 94% of the energy from fat

Source of (10–19%) Vitamin E 13%

Recipe and video: Sugar Spun Run (@SugarSpunRun) on YouTube — youtube.com/watch?v=b12IYRDYats, published 9 June 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/zesty-italian-dressing-parmesan