



Baked Mustard Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



25

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup canola oil
- ☐ 1 teaspoon capers minced
- ☐ 0.5 cup dijon mustard
- ☐ 25 servings kosher salt
- ☐ 0.3 cup juice of lemon freshly squeezed
- ☐ 0.3 olive oil extra-virgin
- ☐ 2 tablespoons sherry vinegar
- ☐ 2 tablespoons whole-grain mustard

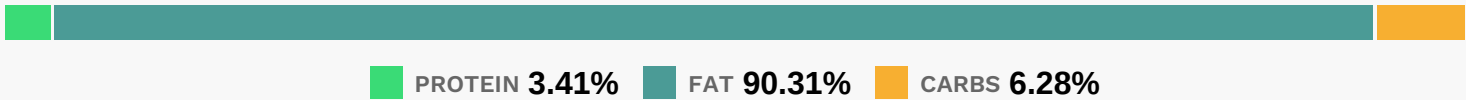
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 325 and line a baking sheet with foil.
- ☐ Spread 6 tablespoons of the Dijon mustard on the prepared baking sheet a scant 1/4 inch thick.
- ☐ Bake the mustard for 10 to 12 minutes, until a crust forms on the surface and the mustard feels slightly firm.
- ☐ In a blender, combine the baked mustard, lemon juice, vinegar, capers and brine with the remaining 2 tablespoons of Dijon mustard and blend until smooth. With the blender on, drizzle in the olive oil and canola oil until thick.
- ☐ Transfer the dressing to a jar; stir in the whole-grain mustard. Season with salt and serve.

Nutrition Facts



Properties

Glycemic Index:2.56, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.78260870925758%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.35mg, Hesperetin: 0.35mg, Hesperetin: 0.35mg, Hesperetin: 0.35mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 31.07kcal (1.55%), Fat: 3.22g (4.95%), Saturated Fat: 0.24g (1.49%), Carbohydrates: 0.5g (0.17%), Net Carbohydrates: 0.23g (0.08%), Sugar: 0.15g (0.17%), Cholesterol: 0mg (0%), Sodium: 264.11mg (11.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.55%), Vitamin E: 0.55mg (3.67%), Selenium: 2.11µg (3.01%), Vitamin

K: 2.25μg (2.14%), Manganese: 0.03mg (1.36%), Vitamin C: 0.98mg (1.19%), Fiber: 0.28g (1.1%)