

Cole Slaw Dressing



Vegetarian



Gluten Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



147 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 egg yolk
- ☐ 0.5 cup half-and-half
- ☐ 1 tablespoon mustard prepared
- ☐ 3 tablespoons sugar white
- ☐ 0.5 cup vinegar white

Equipment

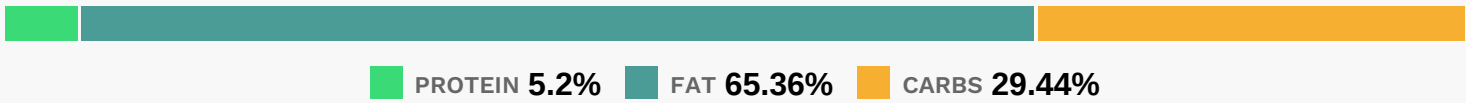
- ☐ sauce pan

☐ whisk

Directions

- ☐ In a medium saucepan, stir together the egg yolk, sugar, mustard, butter and vinegar.
- ☐ Whisk together over medium heat and boil until thick.
- ☐ Remove from heat and cool.
- ☐ Whisk in the half-and-half. Refrigerate until using.

Nutrition Facts



Properties

Glycemic Index:50.52, Glycemic Load:6.3, Inflammation Score:-2, Nutrition Score:2.3465217196423%

Nutrients (% of daily need)

Calories: 146.98kcal (7.35%), Fat: 10.5g (16.16%), Saturated Fat: 6.16g (38.52%), Carbohydrates: 10.64g (3.55%), Net Carbohydrates: 10.48g (3.81%), Sugar: 10.33g (11.47%), Cholesterol: 74.24mg (24.75%), Sodium: 107.6mg (4.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.76%), Selenium: 5.05µg (7.21%), Vitamin A: 349.57IU (6.99%), Phosphorus: 53.29mg (5.33%), Vitamin B2: 0.09mg (5.24%), Calcium: 44.22mg (4.42%), Vitamin B12: 0.16µg (2.62%), Vitamin E: 0.37mg (2.45%), Vitamin B5: 0.24mg (2.41%), Folate: 7.95µg (1.99%), Manganese: 0.04mg (1.82%), Zinc: 0.26mg (1.71%), Vitamin B6: 0.03mg (1.68%), Vitamin B1: 0.02mg (1.63%), Vitamin D: 0.24µg (1.62%), Potassium: 52.96mg (1.51%), Magnesium: 5.51mg (1.38%), Iron: 0.21mg (1.18%)