



Creamy Honey-Dijon Salad Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



320 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 1 teaspoon parsley fresh minced
- ☐ 0.3 cup honey
- ☐ 2 tablespoons juice of lemon
- ☐ 1.5 cups mayonnaise
- ☐ 2 tablespoons onion minced

Equipment

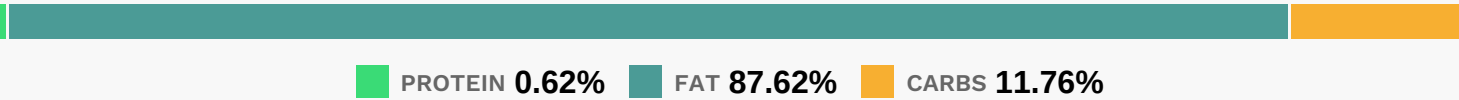
- ☐ food processor

☐ blender

Directions

- ☐ Process all ingredients in a blender or food processor until smooth, stopping to scrape down sides. Chill at least 8 hours.
- ☐ Serve over mixed salad greens or as a dip for chicken nuggets.

Nutrition Facts



Properties

Glycemic Index:24.16, Glycemic Load:4.73, Inflammation Score:-1, Nutrition Score:3.9286957946808%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 320.02kcal (16%), Fat: 31.45g (48.38%), Saturated Fat: 4.92g (30.74%), Carbohydrates: 9.49g (3.16%), Net Carbohydrates: 9.39g (3.42%), Sugar: 9.15g (10.16%), Cholesterol: 17.64mg (5.88%), Sodium: 274.14mg (11.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (1.01%), Vitamin K: 68.68µg (65.41%), Vitamin E: 1.39mg (9.24%), Vitamin C: 1.71mg (2.07%), Selenium: 1.28µg (1.83%), Phosphorus: 10.95mg (1.1%)