



Creole Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



246 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons dijon mustard
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 1.5 tablespoons sugar

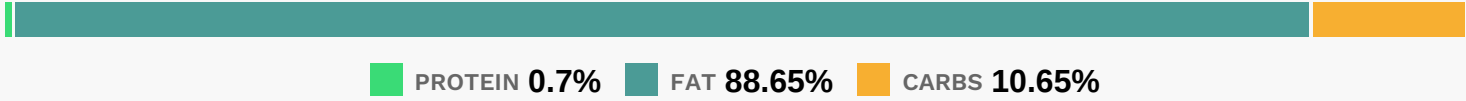
Equipment

- ☐ whisk

Directions

☐ Whisk together all ingredients; blend well. Prep: 5 min.

Nutrition Facts



Properties

Glycemic Index:34.03, Glycemic Load:4.22, Inflammation Score:-1, Nutrition Score:2.4939130382693%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 246.41kcal (12.32%), Fat: 24.36g (37.47%), Saturated Fat: 3.34g (20.86%), Carbohydrates: 6.58g (2.19%), Net Carbohydrates: 6.15g (2.24%), Sugar: 6.13g (6.81%), Cholesterol: 0mg (0%), Sodium: 306.45mg (13.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.87%), Vitamin E: 3.49mg (23.27%), Vitamin K: 14.6µg (13.9%), Selenium: 3.44µg (4.91%), Manganese: 0.05mg (2.73%), Iron: 0.42mg (2.32%), Fiber: 0.43g (1.72%), Magnesium: 5.87mg (1.47%), Phosphorus: 12.92mg (1.29%), Vitamin B1: 0.02mg (1.26%)