



## Dennis' Honey-Mustard Salad Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



7

CALORIES



262 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 cup apple cider vinegar
- 2 tablespoons dijon mustard
- 1 tablespoon parsley fresh
- 0.3 cup honey
- 2 teaspoons lime zest
- 1 cup mayonnaise
- 0.3 cup onion chopped
- 7 servings sea salt and ground pepper black to taste

## Equipment

- food processor
- bowl
- blender

## Directions

- Place the onion, parsley, vinegar, mustard, mayonnaise, honey, salt, pepper, and lime zest in the bowl of a small food processor or blender. Process until thoroughly blended.
- Serve immediately, or place in a covered container and refrigerate until needed.

## Nutrition Facts

**PROTEIN 0.94%** **FAT 82.12%** **CARBS 16.94%**

## Properties

Glycemic Index:42.47, Glycemic Load:5.5, Inflammation Score:-1, Nutrition Score:3.9969565285289%

## Flavonoids

Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 1.23mg, Apigenin: 1.23mg, Apigenin: 1.23mg, Apigenin: 1.23mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

## Nutrients (% of daily need)

Calories: 262.32kcal (13.12%), Fat: 24.1g (37.07%), Saturated Fat: 3.76g (23.5%), Carbohydrates: 11.19g (3.73%), Net Carbohydrates: 10.82g (3.93%), Sugar: 10.49g (11.65%), Cholesterol: 13.44mg (4.48%), Sodium: 251.98mg (10.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.24%), Vitamin K: 61.79µg (58.84%), Vitamin E: 1.07mg (7.15%), Manganese: 0.08mg (3.96%), Selenium: 2.34µg (3.34%), Vitamin C: 1.43mg (1.73%), Iron: 0.27mg (1.5%), Phosphorus: 14.99mg (1.5%), Fiber: 0.37g (1.46%), Vitamin A: 72.93IU (1.46%), Potassium: 40.85mg (1.17%), Magnesium: 4.25mg (1.06%), Folate: 4.16µg (1.04%)