



## Dijon Dressing



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



313 kcal

SIDE DISH

## Ingredients



0.3 cup dijon mustard



1 cup mayonnaise



1 teaspoon worcestershire sauce

## Equipment

## Directions



Combine all ingredients; cover and chill.

# Nutrition Facts

 PROTEIN 1.22%  FAT 97.32%  CARBS 1.46%

## Properties

Glycemic Index:16.4, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:4.8273912227672%

## Nutrients (% of daily need)

Calories: 313.16kcal (15.66%), Fat: 33.93g (52.2%), Saturated Fat: 5.27g (32.96%), Carbohydrates: 1.15g (0.38%), Net Carbohydrates: 0.61g (0.22%), Sugar: 0.55g (0.61%), Cholesterol: 18.82mg (6.27%), Sodium: 437.03mg (19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.92%), Vitamin K: 73.22µg (69.74%), Vitamin E: 1.51mg (10.09%), Selenium: 5.27µg (7.53%), Manganese: 0.06mg (2.75%), Phosphorus: 23.57mg (2.36%), Fiber: 0.54g (2.14%), Iron: 0.36mg (1.98%), Vitamin B1: 0.03mg (1.92%), Magnesium: 6.58mg (1.64%), Calcium: 12.71mg (1.27%), Vitamin B5: 0.11mg (1.14%), Vitamin B2: 0.02mg (1.08%), Potassium: 37.24mg (1.06%), Copper: 0.02mg (1.01%)