



Dijon-herb Dressing

 Vegetarian  Gluten Free  Low Fod Map

READY IN



8 min.

SERVINGS



5

CALORIES



40 kcal

SIDE DISH

Ingredients

- 3 tablespoons dijon mustard
- 2 tablespoons basil dried fresh chopped
- 1 tablespoon skim milk powder dry
- 1 tablespoon olive oil
- 1 tablespoon parsley finely chopped
- 2 tablespoons water
- 1 tablespoon vinegar white

Equipment

Nutrition Facts

■ PROTEIN 12.47% ■ FAT 67.9% ■ CARBS 19.63%

Properties

Glycemic Index:22.8, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:4.7073913043478%

Flavonoids

Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg

Nutrients (% of daily need)

Calories: 40.26kcal (2.01%), Fat: 3.19g (4.9%), Saturated Fat: 0.45g (2.83%), Carbohydrates: 2.07g (0.69%), Net Carbohydrates: 1.06g (0.38%), Sugar: 0.94g (1.05%), Cholesterol: 0.3mg (0.1%), Sodium: 109.11mg (4.74%), Protein: 1.32g (2.63%), Vitamin K: 42.37µg (40.36%), Manganese: 0.2mg (9.88%), Iron: 1.65mg (9.17%), Calcium: 61.91mg (6.19%), Selenium: 3.53µg (5.05%), Magnesium: 17.84mg (4.46%), Vitamin E: 0.61mg (4.08%), Fiber: 1.02g (4.07%), Phosphorus: 29.22mg (2.92%), Vitamin B2: 0.05mg (2.89%), Potassium: 86.95mg (2.48%), Vitamin A: 118.37IU (2.37%), Copper: 0.04mg (2.16%), Folate: 7.56µg (1.89%), Vitamin B6: 0.03mg (1.69%), Vitamin B1: 0.03mg (1.68%), Zinc: 0.24mg (1.61%), Vitamin C: 1.21mg (1.47%), Vitamin D: 0.17µg (1.1%), Vitamin B12: 0.06µg (1.01%)