



Easy and Good Honey Mustard Salad Dressing

 Vegetarian  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



628 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups honey
- 0.5 cup juice of lemon
- 0.3 cup mustard dijon-style prepared
- 1 cup vegetable oil

Equipment

Directions

In a large jar with a tight fitting lid, combine the vegetable oil, honey, lemon juice and mustard. Cover and shake until thoroughly combined. Refrigerate until chilled and shake before serving.

Nutrition Facts

PROTEIN 0.75% **FAT 15.24%** **CARBS 84.01%**

Properties

Glycemic Index:21.07, Glycemic Load:72.88, Inflammation Score:-1, Nutrition Score:4.6526086693225%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 627.84kcal (31.39%), Fat: 11.5g (17.69%), Saturated Fat: 1.71g (10.71%), Carbohydrates: 142.6g (47.53%), Net Carbohydrates: 141.5g (51.45%), Sugar: 140.15g (155.72%), Cholesterol: 0mg (0%), Sodium: 178.27mg (7.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.55%), Vitamin K: 20.28µg (19.31%), Vitamin C: 12.71mg (15.41%), Manganese: 0.2mg (10.21%), Selenium: 6.68µg (9.54%), Vitamin E: 0.99mg (6.61%), Iron: 0.99mg (5.48%), Vitamin B2: 0.08mg (4.66%), Fiber: 1.1g (4.4%), Potassium: 142.9mg (4.08%), Copper: 0.08mg (3.87%), Vitamin B6: 0.07mg (3.27%), Zinc: 0.49mg (3.25%), Magnesium: 12.69mg (3.17%), Folate: 10.58µg (2.64%), Phosphorus: 26.03mg (2.6%), Vitamin B1: 0.04mg (2.45%), Calcium: 21.8mg (2.18%), Vitamin B5: 0.2mg (2.02%), Vitamin B3: 0.32mg (1.6%)