



Easy and Good Honey Mustard Salad Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



569 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup honey
- ☐ 1 cup mayonnaise
- ☐ 1 teaspoon mustard prepared
- ☐ 1 teaspoon onion finely chopped
- ☐ 1 teaspoon parsley minced
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon sugar

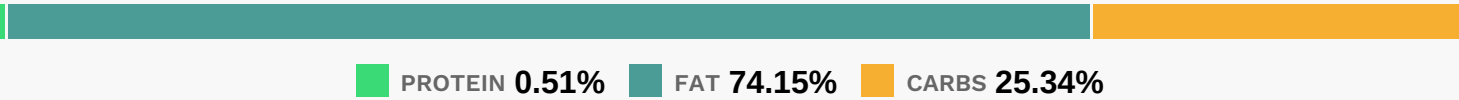
- ☐ 0.5 cup vegetable oil
- ☐ 0.5 cup vinegar

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



Properties

Glycemic Index:86.34, Glycemic Load:19.1, Inflammation Score:-1, Nutrition Score:5.996521829263%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 568.67kcal (28.43%), Fat: 47.39g (72.9%), Saturated Fat: 7.39g (46.18%), Carbohydrates: 36.44g (12.15%), Net Carbohydrates: 36.26g (13.19%), Sugar: 36.16g (40.18%), Cholesterol: 23.52mg (7.84%), Sodium: 517.09mg (22.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.47%), Vitamin K: 101.94µg (97.08%), Vitamin E: 2.29mg (15.26%), Manganese: 0.08mg (3.88%), Selenium: 2.23µg (3.18%), Iron: 0.34mg (1.9%), Vitamin B2: 0.03mg (1.66%), Phosphorus: 16.44mg (1.64%), Copper: 0.03mg (1.54%), Vitamin B5: 0.13mg (1.31%), Zinc: 0.19mg (1.28%), Vitamin B12: 0.07µg (1.12%), Potassium: 38.33mg (1.1%), Calcium: 10.53mg (1.05%)