




 1%
HEALTH SCORE

Easy Honey Dijon Dressing - 5 Ingredients


 Vegetarian  Gluten Free  Dairy Free

READY IN




5 min.

SERVINGS



1

CALORIES



655 kcal

SIDE DISH

Ingredients

- 2 tablespoons dijon mustard
- 0.3 cup honey
- 2 tablespoons juice of lemon
- 1 tablespoon mayonnaise
- 0.5 cup olive oil

Equipment

Nutrition Facts

PROTEIN 1.07% FAT 43.05% CARBS 55.88%

Properties

Glycemic Index:134.27, Glycemic Load:48.69, Inflammation Score:-2, Nutrition Score:6.7882608695652%

Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 654.56kcal (32.73%), Fat: 33.16g (51.01%), Saturated Fat: 4.71g (29.41%), Carbohydrates: 96.85g (32.28%), Net Carbohydrates: 95.25g (34.63%), Sugar: 94.03g (104.48%), Cholesterol: 5.88mg (1.96%), Sodium: 424.15mg (18.44%), Protein: 1.85g (3.71%), Vitamin K: 36.27µg (34.55%), Vitamin E: 3.72mg (24.8%), Selenium: 11.46µg (16.37%), Vitamin C: 12.3mg (14.9%), Manganese: 0.22mg (11%), Fiber: 1.61g (6.42%), Iron: 1.13mg (6.26%), Magnesium: 18.6mg (4.65%), Vitamin B1: 0.07mg (4.35%), Phosphorus: 42.26mg (4.23%), Vitamin B2: 0.07mg (4.11%), Potassium: 137.68mg (3.93%), Copper: 0.07mg (3.52%), Zinc: 0.48mg (3.18%), Vitamin B6: 0.06mg (3.14%), Calcium: 28.82mg (2.88%), Folate: 11.06µg (2.77%), Vitamin B5: 0.23mg (2.3%), Vitamin B3: 0.33mg (1.66%)