



Farmhouse Honey Mustard



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



173 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup dijon mustard
- ☐ 0.3 cup honey
- ☐ 0.3 cup mayonnaise
- ☐ 1 tablespoon mustard
- ☐ 0.1 tablespoon paprika
- ☐ 1 tablespoon vinegar white

Equipment

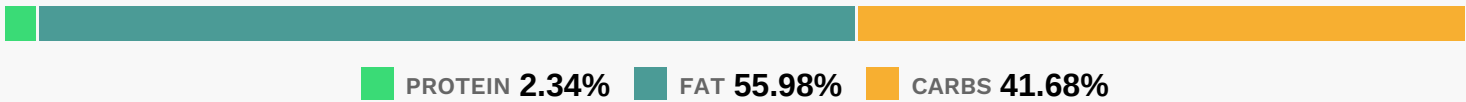
- ☐ bowl

☐ whisk

Directions

- ☐ Whisk together all ingredients in a small bowl.
- ☐ Cover and store in the refrigerator for up to one week.

Nutrition Facts



Properties

Glycemic Index:57.82, Glycemic Load:9.21, Inflammation Score:-1, Nutrition Score:3.0278260992921%

Nutrients (% of daily need)

Calories: 172.73kcal (8.64%), Fat: 11.15g (17.16%), Saturated Fat: 1.69g (10.57%), Carbohydrates: 18.68g (6.23%), Net Carbohydrates: 17.73g (6.45%), Sugar: 17.77g (19.75%), Cholesterol: 5.88mg (1.96%), Sodium: 302.41mg (13.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.1%), Vitamin K: 23.29µg (22.18%), Selenium: 7.09µg (10.13%), Manganese: 0.1mg (5.21%), Vitamin E: 0.59mg (3.94%), Fiber: 0.95g (3.8%), Iron: 0.47mg (2.63%), Vitamin A: 130.55IU (2.61%), Magnesium: 10.26mg (2.57%), Vitamin B1: 0.04mg (2.57%), Phosphorus: 25.49mg (2.55%), Vitamin B2: 0.03mg (1.54%), Calcium: 15.3mg (1.53%), Potassium: 47.85mg (1.37%), Zinc: 0.2mg (1.34%), Copper: 0.03mg (1.32%), Vitamin B6: 0.02mg (1.21%), Vitamin B5: 0.1mg (1.02%)