



## Feta Dressing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



307 kcal

SIDE DISH

### Ingredients

- 0.1 teaspoon pepper black freshly ground
- 0.5 teaspoon dijon mustard
- 0.3 cup feta cheese crumbled
- 2 teaspoons thyme sprigs fresh minced
- 1 garlic clove minced
- 1 teaspoon honey
- 0.3 cup olive oil
- 0.3 teaspoon salt

2 tablespoons citrus champagne vinegar

## Equipment

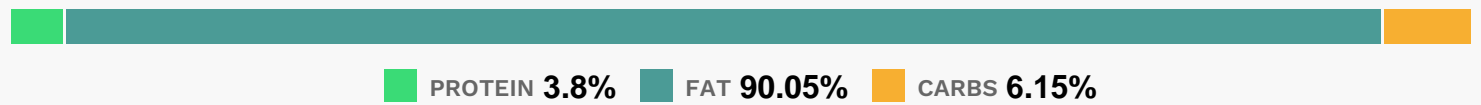
bowl

whisk

## Directions

Whisk together first 6 ingredients in a bowl; slowly whisk in olive oil. Stir in feta and thyme.

## Nutrition Facts



## Properties

Glycemic Index:109.14, Glycemic Load:1.95, Inflammation Score:-9, Nutrition Score:5.2669566351434%

## Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 307.19kcal (15.36%), Fat: 31.12g (47.87%), Saturated Fat: 6.24g (38.97%), Carbohydrates: 4.78g (1.59%), Net Carbohydrates: 4.38g (1.59%), Sugar: 2.91g (3.23%), Cholesterol: 16.69mg (5.56%), Sodium: 520.53mg (22.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.9%), Vitamin E: 3.93mg (26.19%), Vitamin K: 16.84µg (16.04%), Calcium: 106.15mg (10.62%), Vitamin B2: 0.17mg (10.1%), Phosphorus: 70.49mg (7.05%), Vitamin B6: 0.11mg (5.36%), Vitamin B12: 0.32µg (5.28%), Selenium: 3.49µg (4.98%), Manganese: 0.1mg (4.82%), Vitamin C: 3.77mg (4.57%), Iron: 0.76mg (4.25%), Zinc: 0.62mg (4.11%), Vitamin A: 175.85IU (3.52%), Vitamin B1: 0.04mg (2.36%), Magnesium: 8.63mg (2.16%), Vitamin B5: 0.21mg (2.06%), Folate: 7.12µg (1.78%), Fiber: 0.4g (1.62%), Copper: 0.03mg (1.36%), Vitamin B3: 0.25mg (1.23%), Potassium: 41.36mg (1.18%)