



## Healthier Poppy Seed Salad Dressing for 2

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



55 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 cup cider vinegar
- 1 teaspoon cornstarch
- 0.3 teaspoon ground mustard
- 1 teaspoon olive oil extra-virgin
- 0.3 teaspoon onion powder
- 0.3 teaspoon poppy seeds
- 0.5 teaspoon salt
- 0.3 cup water

1 tablespoon sugar white

## Equipment

sauce pan

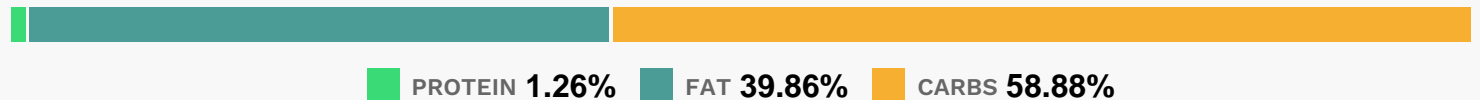
whisk

## Directions

Mix water, vinegar, sugar, olive oil, cornstarch, salt, onion powder, mustard powder, and poppy seeds in a saucepan. Bring mixture to boil; cook, whisking constantly, until dressing is thickened, 30 seconds.

Remove from heat and cool.

## Nutrition Facts



## Properties

Glycemic Index:57.55, Glycemic Load:4.3, Inflammation Score:-1, Nutrition Score:0.76652173228238%

## Nutrients (% of daily need)

Calories: 54.96kcal (2.75%), Fat: 2.27g (3.49%), Saturated Fat: 0.3g (1.87%), Carbohydrates: 7.54g (2.51%), Net Carbohydrates: 7.39g (2.69%), Sugar: 6.15g (6.84%), Cholesterol: 0mg (0%), Sodium: 584.84mg (25.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.16g (0.32%), Manganese: 0.11mg (5.56%), Vitamin E: 0.31mg (2.05%), Vitamin K: 1.23µg (1.17%), Magnesium: 4.34mg (1.09%), Calcium: 10.46mg (1.05%)