



Homemade Mustard Salad Dressing

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



129 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 eggs beaten
- 2 tablespoons flour all-purpose
- 1 teaspoon mustard prepared
- 0.5 teaspoon salt
- 0.3 cup water
- 0.5 cup sugar white
- 0.3 cup citrus champagne vinegar

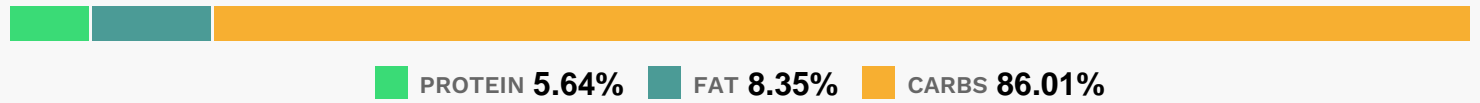
Equipment

- whisk
- double boiler

Directions

- Whisk together the sugar, flour, mustard, salt, vinegar, water and egg.
- Cook in a double boiler until thick; allow to cool.
- Mix with equal parts mayonnaise and stir into potato salad.

Nutrition Facts



Properties

Glycemic Index:44.27, Glycemic Load:19.53, Inflammation Score:-1, Nutrition Score:1.7252173749325%

Nutrients (% of daily need)

Calories: 129.23kcal (6.46%), Fat: 1.21g (1.85%), Saturated Fat: 0.35g (2.21%), Carbohydrates: 27.95g (9.32%), Net Carbohydrates: 27.79g (10.11%), Sugar: 25.02g (27.8%), Cholesterol: 40.92mg (13.64%), Sodium: 322.31mg (14.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.66%), Selenium: 5.22µg (7.46%), Vitamin B2: 0.07mg (4.37%), Folate: 12.12µg (3.03%), Phosphorus: 28.38mg (2.84%), Iron: 0.47mg (2.6%), Vitamin B1: 0.04mg (2.41%), Manganese: 0.04mg (2.12%), Vitamin B5: 0.19mg (1.89%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%), Zinc: 0.19mg (1.24%), Vitamin A: 60.29IU (1.21%), Vitamin B3: 0.24mg (1.18%), Vitamin B6: 0.02mg (1.06%)