



Honey Dijon Mustard Dressing

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



179 kcal

SIDE DISH

Ingredients

- 3 tablespoons apple cider vinegar
- 1 tablespoon dijon mustard
- 1.5 tablespoons parsley fresh chopped
- 3 tablespoons honey
- 6 tablespoons mayonnaise
- 1 tablespoon onion minced
- 1 pinch salt
- 0.8 cup vegetable oil

Equipment

Nutrition Facts

■ PROTEIN 0.7% ■ FAT 79.18% ■ CARBS 20.12%

Properties

Glycemic Index:38.88, Glycemic Load:4.63, Inflammation Score:-1, Nutrition Score:3.0313043478261%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 179.42kcal (8.97%), Fat: 16.02g (24.64%), Saturated Fat: 2.48g (15.48%), Carbohydrates: 9.15g (3.05%), Net Carbohydrates: 8.96g (3.26%), Sugar: 8.85g (9.83%), Cholesterol: 5.88mg (1.96%), Sodium: 124.28mg (5.4%), Protein: 0.32g (0.64%), Vitamin K: 49.29µg (46.94%), Vitamin E: 0.92mg (6.14%), Manganese: 0.04mg (2.11%), Vitamin A: 95.15IU (1.9%), Vitamin C: 1.52mg (1.84%), Selenium: 1.27µg (1.82%), Iron: 0.19mg (1.08%)