

Honey Dill Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



321 kcal

SAUCE

Ingredients



1 tablespoon dill weed dried



0.5 cup honey



0.5 cup mayonnaise

Equipment



bowl

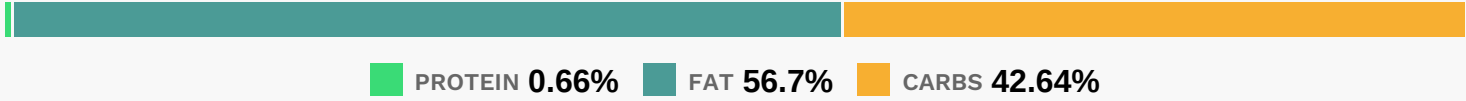


whisk

Directions

☐ Whisk together the mayonnaise, honey, and dill in a small bowl.

Nutrition Facts



Properties

Glycemic Index:25.57, Glycemic Load:18.29, Inflammation Score:-1, Nutrition Score:3.2117391759935%

Nutrients (% of daily need)

Calories: 321.12kcal (16.06%), Fat: 20.98g (32.27%), Saturated Fat: 3.28g (20.49%), Carbohydrates: 35.5g (11.83%), Net Carbohydrates: 35.31g (12.84%), Sugar: 34.95g (38.83%), Cholesterol: 11.76mg (3.92%), Sodium: 181.05mg (7.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.09%), Vitamin K: 45.64µg (43.47%), Vitamin E: 0.92mg (6.12%), Iron: 0.6mg (3.35%), Manganese: 0.07mg (3.27%), Calcium: 18.16mg (1.82%), Potassium: 52.44mg (1.5%), Selenium: 0.98µg (1.4%), Vitamin B2: 0.02mg (1.39%), Vitamin B6: 0.03mg (1.26%), Vitamin A: 62.08IU (1.24%), Copper: 0.02mg (1.21%), Phosphorus: 11.65mg (1.16%), Magnesium: 4.51mg (1.13%), Zinc: 0.16mg (1.07%)