

Honey Dressing

 Vegetarian  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



94 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black
- 1 tablespoon dijon mustard
- 0.7 cup olive oil extra virgin
- 2 tablespoons honey
- 0.5 teaspoon salt
- 0.3 cup balsamic vinegar white

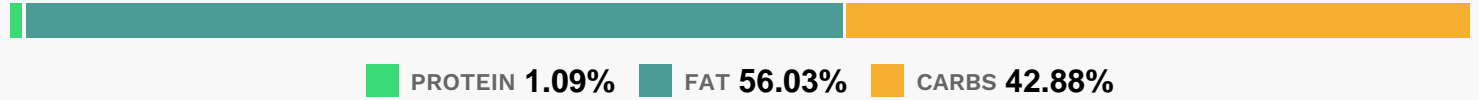
Equipment

- whisk

Directions

- Whisk together vinegar, honey, Dijon mustard, salt, and pepper.
- Add olive oil in a slow, steady stream, whisking constantly until smooth.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:5.09, Inflammation Score:-1, Nutrition Score:0.97173915074571%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 93.75kcal (4.69%), Fat: 5.87g (9.03%), Saturated Fat: 0.81g (5.03%), Carbohydrates: 10.1g (3.37%), Net Carbohydrates: 9.91g (3.6%), Sugar: 9.48g (10.54%), Cholesterol: 0mg (0%), Sodium: 269.95mg (11.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.51%), Vitamin E: 0.84mg (5.61%), Vitamin K: 3.84µg (3.66%), Manganese: 0.07mg (3.38%), Selenium: 1.1µg (1.57%), Iron: 0.26mg (1.44%)