



Honey Mustard



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



336 kcal

SIDE DISH

Ingredients



3 tablespoons dijon mustard



2 tablespoons honey



1 cup mayonnaise

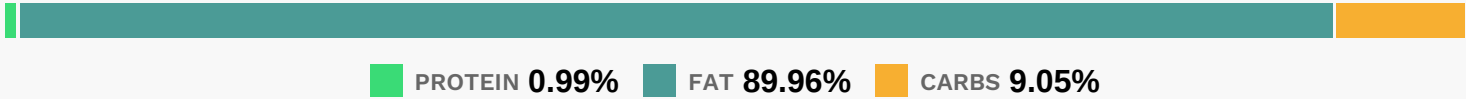
Equipment

Directions



Stir together 1 cup mayonnaise, 3 tablespoons Creole mustard, and 2 tablespoons honey.

Nutrition Facts



Properties

Glycemic Index:26.85, Glycemic Load:3.77, Inflammation Score:-1, Nutrition Score:4.5847826276136%

Nutrients (% of daily need)

Calories: 335.67kcal (16.78%), Fat: 33.81g (52.02%), Saturated Fat: 5.26g (32.9%), Carbohydrates: 7.65g (2.55%), Net Carbohydrates: 7.25g (2.64%), Sugar: 7.28g (8.09%), Cholesterol: 18.82mg (6.27%), Sodium: 383.82mg (16.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.68%), Vitamin K: 73.16µg (69.68%), Vitamin E: 1.5mg (10.01%), Selenium: 4.16µg (5.94%), Manganese: 0.05mg (2.37%), Phosphorus: 19.46mg (1.95%), Fiber: 0.4g (1.62%), Iron: 0.27mg (1.51%), Vitamin B1: 0.02mg (1.43%), Magnesium: 4.94mg (1.23%), Vitamin B5: 0.11mg (1.1%), Vitamin B2: 0.02mg (1.04%)