



Honey, Mustard, and Yogurt Salad Dressing

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



71 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon celery seed
- 2 tablespoons dijon mustard
- 0.3 cup honey
- 1 cup yogurt plain

Equipment

- bowl
- whisk

Directions

- Whisk together the yogurt, honey, mustard, and celery seed in a small bowl. Refrigerate at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:17.21, Glycemic Load:6.45, Inflammation Score:-1, Nutrition Score:1.6947826056377%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg

Nutrients (% of daily need)

Calories: 71.22kcal (3.56%), Fat: 1.52g (2.33%), Saturated Fat: 0.87g (5.44%), Carbohydrates: 13.84g (4.61%), Net Carbohydrates: 13.59g (4.94%), Sugar: 13.57g (15.08%), Cholesterol: 5.31mg (1.77%), Sodium: 74.48mg (3.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.37%), Calcium: 54.88mg (5.49%), Phosphorus: 45.21mg (4.52%), Vitamin B2: 0.07mg (3.93%), Selenium: 2.72µg (3.89%), Vitamin B12: 0.15µg (2.52%), Potassium: 79.3mg (2.27%), Zinc: 0.31mg (2.07%), Manganese: 0.04mg (2%), Magnesium: 7.95mg (1.99%), Vitamin B5: 0.18mg (1.83%), Vitamin B1: 0.02mg (1.44%), Iron: 0.2mg (1.09%), Vitamin B6: 0.02mg (1.03%), Fiber: 0.25g (1.01%)