



Honey-Mustard Dipping Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



227 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

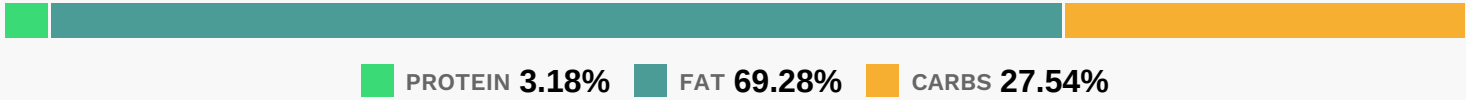
- ☐ 0.8 cup dijon mustard
- ☐ 0.1 teaspoon garlic salt
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.3 cup honey
- ☐ 0.5 cup mayonnaise

Equipment

Directions

- ☐ Stir together first 5 ingredients.
- ☐ Serve with fried chicken strips.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:7.48, Inflammation Score:-2, Nutrition Score:4.9147826277691%

Nutrients (% of daily need)

Calories: 226.95kcal (11.35%), Fat: 18.03g (27.75%), Saturated Fat: 2.72g (16.99%), Carbohydrates: 16.13g (5.38%), Net Carbohydrates: 14.46g (5.26%), Sugar: 14.58g (16.2%), Cholesterol: 9.41mg (3.14%), Sodium: 611.93mg (26.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.73%), Vitamin K: 37.15µg (35.38%), Selenium: 13.36µg (19.08%), Manganese: 0.17mg (8.65%), Fiber: 1.67g (6.67%), Vitamin E: 0.9mg (5.97%), Vitamin B1: 0.07mg (4.88%), Magnesium: 18.64mg (4.66%), Phosphorus: 46.01mg (4.6%), Iron: 0.72mg (4%), Calcium: 26.52mg (2.65%), Vitamin B2: 0.04mg (2.13%), Zinc: 0.31mg (2.08%), Potassium: 71.35mg (2.04%), Copper: 0.04mg (1.92%), Vitamin B6: 0.03mg (1.7%), Vitamin A: 82.69IU (1.65%), Vitamin B5: 0.16mg (1.62%), Vitamin B3: 0.24mg (1.19%), Folate: 4.18µg (1.04%)