



Honey Mustard Dipping Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.3 cup coarse grained dijon mustard



2 tablespoons honey



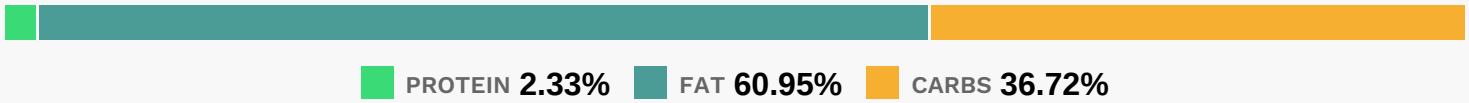
0.8 cup mayonnaise light

Equipment

Directions

Stir together 3/4 cup light mayonnaise, 1/4 cup coarse grained Dijon mustard, and 2 Tbsp. honey. Cover and chill 20 minutes or up to 3 days.

Nutrition Facts



Properties

Glycemic Index:16.85, Glycemic Load:3.65, Inflammation Score:-1, Nutrition Score:2.1513043570778%

Nutrients (% of daily need)

Calories: 113.1kcal (5.65%), Fat: 7.88g (12.12%), Saturated Fat: 1.19g (7.44%), Carbohydrates: 10.68g (3.56%), Net Carbohydrates: 10.13g (3.68%), Sugar: 8.27g (9.19%), Cholesterol: 5.38mg (1.79%), Sodium: 415.16mg (18.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.36%), Vitamin K: 18.23µg (17.36%), Selenium: 5.17µg (7.39%), Vitamin E: 0.78mg (5.2%), Manganese: 0.06mg (3.05%), Fiber: 0.55g (2.21%), Phosphorus: 18.82mg (1.88%), Vitamin B1: 0.03mg (1.75%), Magnesium: 6.82mg (1.7%), Iron: 0.28mg (1.56%), Calcium: 10.36mg (1.04%)