



Honey Mustard Dipping Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon cornstarch
- ☐ 2 tablespoons green onions thinly sliced
- ☐ 0.3 cup honey
- ☐ 1 tablespoon juice of lemon
- ☐ 4 teaspoons mustard dijon-style prepared
- ☐ 0.3 teaspoon onion powder
- ☐ 0.5 cup water cold

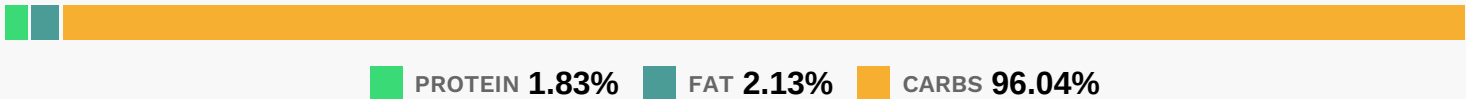
Equipment

☐ sauce pan

Directions

- ☐ Place water in a medium saucepan, and mix in cornstarch to dissolve. Stir in honey.
- ☐ Heat to boiling, stirring constantly. Reduce heat and simmer until sauce thickens, about 15 minutes.
- ☐ Remove sauce from heat. Stir in green onions, lemon juice, prepared Dijon-style mustard and onion powder.
- ☐ Serve warm or chill in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:29.07, Glycemic Load:9.17, Inflammation Score:-1, Nutrition Score:1.1517391269622%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 71.58kcal (3.58%), Fat: 0.19g (0.29%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 18.76g (6.25%), Net Carbohydrates: 18.39g (6.69%), Sugar: 17.64g (19.6%), Cholesterol: 0mg (0%), Sodium: 57.98mg (2.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.36g (0.72%), Vitamin K: 6.29µg (5.99%), Selenium: 1.92µg (2.75%), Vitamin C: 2.17mg (2.63%), Manganese: 0.04mg (2.25%), Fiber: 0.37g (1.48%), Iron: 0.22mg (1.24%), Magnesium: 4.1mg (1.03%), Copper: 0.02mg (1.01%)