



Honey-Mustard Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



186 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup dijon mustard
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.5 teaspoon ground pepper red
- ☐ 0.3 cup honey
- ☐ 1 cup mayonnaise
- ☐ 0.3 cup mustard yellow

Equipment

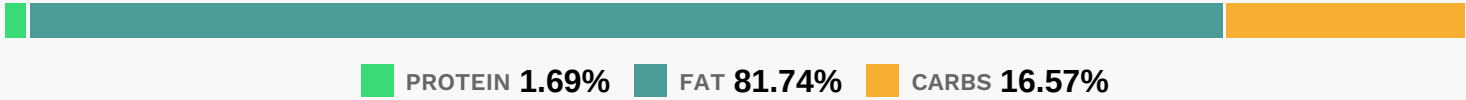
- ☐ whisk

Directions

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Whisk together mayonnaise, chopped fresh basil, yellow mustard, Dijon mustard, honey, and ground red pepper.

Nutrition Facts



Properties

Glycemic Index:26.83, Glycemic Load:3.76, Inflammation Score:-1, Nutrition Score:3.1891305031984%

Nutrients (% of daily need)

Calories: 186.13kcal (9.31%), Fat: 17.2g (26.46%), Saturated Fat: 2.66g (16.6%), Carbohydrates: 7.84g (2.61%), Net Carbohydrates: 7.25g (2.64%), Sugar: 7.27g (8.08%), Cholesterol: 9.41mg (3.14%), Sodium: 279.58mg (12.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.6%), Vitamin K: 39.27µg (37.4%), Selenium: 4.83µg (6.9%), Vitamin E: 0.81mg (5.42%), Manganese: 0.07mg (3.46%), Fiber: 0.59g (2.36%), Vitamin A: 96.66IU (1.93%), Phosphorus: 19.12mg (1.91%), Vitamin B1: 0.03mg (1.75%), Magnesium: 6.91mg (1.73%), Iron: 0.31mg (1.71%), Calcium: 11.35mg (1.14%)