



## Honey Mustard Dressing I



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



296 kcal

SIDE DISH

### Ingredients

- ☐ 1 teaspoon dill weed dried
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 cup honey
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 cup mustard prepared
- ☐ 2 tablespoons soya sauce

### Equipment

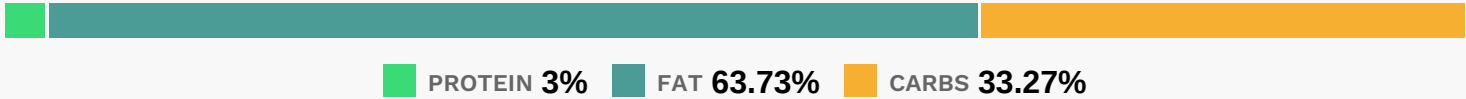
- ☐ bowl

whisk

## Directions

In a small bowl, whisk the yellow mustard, honey, soy sauce, mayonnaise, garlic powder and dill weed together until well blended.

## Nutrition Facts



## Properties

Glycemic Index:38.57, Glycemic Load:12.36, Inflammation Score:-1, Nutrition Score:4.927825997705%

## Nutrients (% of daily need)

Calories: 296.21kcal (14.81%), Fat: 21.67g (33.34%), Saturated Fat: 3.33g (20.82%), Carbohydrates: 25.45g (8.48%), Net Carbohydrates: 24.36g (8.86%), Sugar: 23.81g (26.46%), Cholesterol: 11.76mg (3.92%), Sodium: 910.66mg (39.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.59%), Vitamin K: 45.95µg (43.76%), Selenium: 8.09µg (11.55%), Manganese: 0.17mg (8.48%), Vitamin E: 0.99mg (6.62%), Iron: 0.86mg (4.8%), Phosphorus: 44.03mg (4.4%), Fiber: 1.09g (4.35%), Magnesium: 15.82mg (3.96%), Vitamin B1: 0.05mg (3.33%), Vitamin B2: 0.04mg (2.63%), Vitamin B6: 0.05mg (2.59%), Vitamin B3: 0.52mg (2.58%), Potassium: 83.24mg (2.38%), Calcium: 23.56mg (2.36%), Copper: 0.05mg (2.31%), Zinc: 0.3mg (1.97%), Vitamin B5: 0.17mg (1.66%), Folate: 5.21µg (1.3%)