



## Honey Mustard Dressing II



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



76 kcal

SIDE DISH

### Ingredients

- ☐ 1 tablespoon honey
- ☐ 0.5 tablespoon juice of lemon
- ☐ 0.3 cup mayonnaise
- ☐ 1 tablespoon mustard prepared

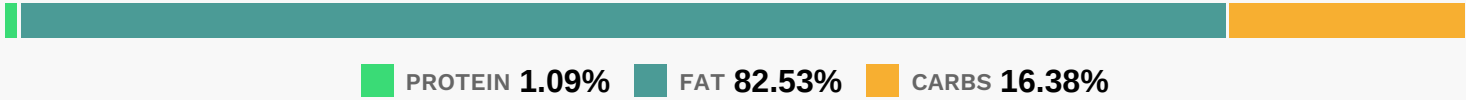
### Equipment

- ☐ bowl
- ☐ whisk

# Directions

☐ In a small bowl, whisk together the mayonnaise, mustard, honey, and lemon juice. Store covered in the refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:22.38, Glycemic Load:1.54, Inflammation Score:-1, Nutrition Score:1.0539130549068%

## Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

## Nutrients (% of daily need)

Calories: 75.91kcal (3.8%), Fat: 7.07g (10.88%), Saturated Fat: 1.1g (6.87%), Carbohydrates: 3.16g (1.05%), Net Carbohydrates: 3.04g (1.1%), Sugar: 2.99g (3.33%), Cholesterol: 3.92mg (1.31%), Sodium: 86.92mg (3.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.42%), Vitamin K: 15.25µg (14.52%), Vitamin E: 0.32mg (2.11%), Selenium: 1.09µg (1.56%)