



Honey-Mustard Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



56 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 1 tablespoon honey
- ☐ 0.1 teaspoon nutmeg
- ☐ 0.3 cup olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.5 teaspoon salt

Equipment

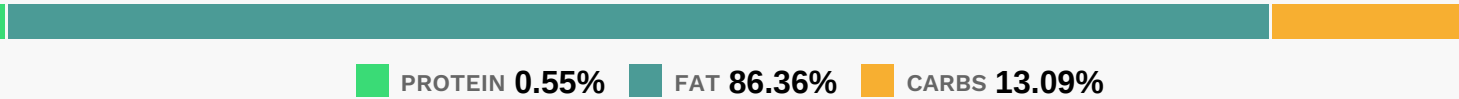
☐

whisk

Directions

- ☐ Whisk together 1/4 cup olive oil, 2 tablespoons red wine vinegar, 1 tablespoon Dijon mustard, 1 tablespoon honey, 1/2 teaspoon salt, 1/4 teaspoon pepper, and, if desired, 1/8 teaspoon nutmeg. Cover and chill up to 4 days.
- ☐ Serve over mixed salad greens with your favorite toppings.

Nutrition Facts



Properties

Glycemic Index:18.63, Glycemic Load:0.92, Inflammation Score:-1, Nutrition Score:0.54391303472221%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 55.86kcal (2.79%), Fat: 5.46g (8.4%), Saturated Fat: 0.76g (4.73%), Carbohydrates: 1.86g (0.62%), Net Carbohydrates: 1.78g (0.65%), Sugar: 1.75g (1.95%), Cholesterol: 0mg (0%), Sodium: 133.22mg (5.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.08g (0.16%), Vitamin E: 0.78mg (5.22%), Vitamin K: 3.36µg (3.2%)