



Honey-Pecan Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



181 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon mustard dry
- ☐ 0.5 cup honey
- ☐ 1 cup pecans toasted chopped
- ☐ 0.3 cup red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons sugar
- ☐ 1 tablespoon onion sweet chopped
- ☐ 1 cup vegetable oil

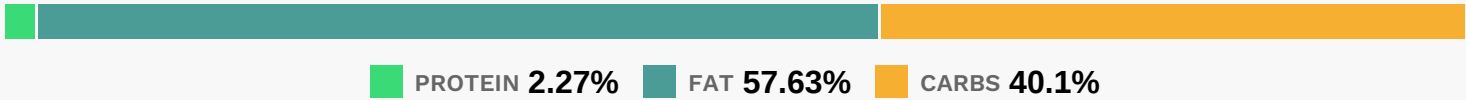
Equipment

☐ blender

Directions

- ☐ Pulse first 6 ingredients in a blender 2 to 3 times until blended. With blender running, pour oil through food chute in a slow, steady stream; process until smooth. Stir in pecans.
- ☐ Fruit Salad with Honey-Pecan Dressing: Arrange fresh orange and grapefruit sections, sliced avocado, and sliced strawberries over Bibb lettuce leaves; drizzle with dressing.

Nutrition Facts



Properties

Glycemic Index:13.24, Glycemic Load:9.84, Inflammation Score:-1, Nutrition Score:3.2730434935378%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 181.21kcal (9.06%), Fat: 12.26g (18.86%), Saturated Fat: 1.34g (8.38%), Carbohydrates: 19.19g (6.4%), Net Carbohydrates: 18.09g (6.58%), Sugar: 18g (20%), Cholesterol: 0mg (0%), Sodium: 59.42mg (2.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.17%), Manganese: 0.51mg (25.52%), Vitamin K: 8.41µg (8.01%), Copper: 0.14mg (6.95%), Vitamin B1: 0.07mg (4.88%), Fiber: 1.1g (4.41%), Zinc: 0.54mg (3.6%), Magnesium: 14.23mg (3.56%), Vitamin E: 0.51mg (3.43%), Phosphorus: 32.45mg (3.24%), Iron: 0.39mg (2.16%), Potassium: 57.85mg (1.65%), Vitamin B6: 0.03mg (1.43%), Vitamin B2: 0.02mg (1.28%), Selenium: 0.78µg (1.12%), Vitamin B5: 0.11mg (1.07%)