



Lemon-Poppy Seed Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



74 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 teaspoons onion finely chopped
- ☐ 1.5 tablespoons poppy seeds
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 0.7 cup vegetable oil

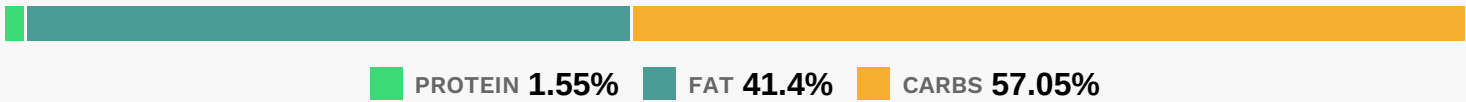
Equipment

☐ blender

Directions

☐ Process vegetable oil, sugar, fresh lemon juice, poppy seeds, finely chopped onion, Dijon mustard, and salt in a blender until smooth. Store in refrigerator up to 1 week; serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:13.41, Glycemic Load:7, Inflammation Score:-1, Nutrition Score:1.226521719571%

Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 73.54kcal (3.68%), Fat: 3.54g (5.44%), Saturated Fat: 0.51g (3.18%), Carbohydrates: 10.96g (3.65%), Net Carbohydrates: 10.65g (3.87%), Sugar: 10.25g (11.39%), Cholesterol: 0mg (0%), Sodium: 122.32mg (5.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.59%), Vitamin K: 5.35µg (5.1%), Manganese: 0.09mg (4.74%), Vitamin C: 3.19mg (3.87%), Calcium: 20.48mg (2.05%), Vitamin E: 0.28mg (1.84%), Magnesium: 5.46mg (1.36%), Phosphorus: 13.05mg (1.31%), Fiber: 0.32g (1.26%), Copper: 0.02mg (1.23%)