



Lemon Poppyseed Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



12

CALORIES



50 kcal

SIDE DISH

Ingredients

- ☐ 0.7 cup canola oil
- ☐ 1 teaspoon dijon mustard
- ☐ 0.5 cup juice of lemon
- ☐ 2 teaspoons onion diced
- ☐ 1 tablespoon poppy seeds
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar white

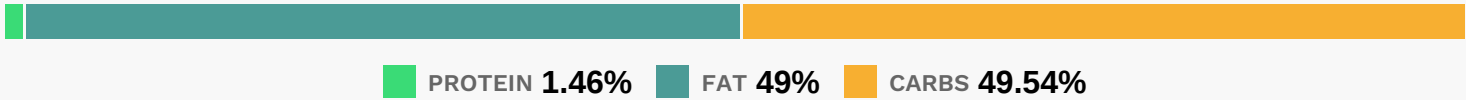
Equipment

☐ blender

Directions

- ☐ Blend sugar, lemon juice, onion, Dijon mustard, and salt in a blender until smooth. Stream canola oil in a thin stream into the mixture while blender is running.
- ☐ Add poppy seeds and pulse blender a few times, just to mix seeds into the dressing.

Nutrition Facts



Properties

Glycemic Index:11.17, Glycemic Load:3.89, Inflammation Score:-1, Nutrition Score:0.902608692808%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg 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: 49.95kcal (2.5%), Fat: 2.86g (4.4%), Saturated Fat: 0.22g (1.39%), Carbohydrates: 6.5g (2.17%), Net Carbohydrates: 6.3g (2.29%), Sugar: 5.84g (6.49%), Cholesterol: 0mg (0%), Sodium: 101.84mg (4.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.38%), Vitamin C: 3.97mg (4.81%), Vitamin E: 0.47mg (3.1%), Manganese: 0.05mg (2.71%), Vitamin K: 1.78µg (1.7%), Calcium: 11.85mg (1.18%)