



Maille® Vegetable Dijon Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



162 kcal

SIDE DISH

Ingredients

- 1 pound baby carrots green yellow
- 3 tablespoons dijon mustard originale or old style maille®
- 3 tablespoons olive oil extra virgin
- 2 tablespoons juice of lemon
- 1 tablespoon maple syrup
- 4 servings salt and pepper

Equipment

- bowl

whisk

Directions

In small bowl whisk Maille, olive oil, lemon juice and honey or maple syrup. Season to taste with salt and pepper. Cook vegetables according to type, in boiling, salted water until crisp-tender; drain. Toss hot, cooked vegetables in mustard dressing.

Nutrition Facts


 **PROTEIN 8.81%**  **FAT 59.95%**  **CARBS 31.24%**

Properties

Glycemic Index:17.13, Glycemic Load:1.27, Inflammation Score:-8, Nutrition Score:13.43913042027%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 162.46kcal (8.12%), Fat: 11.13g (17.12%), Saturated Fat: 1.52g (9.53%), Carbohydrates: 13.04g (4.35%), Net Carbohydrates: 9.59g (3.49%), Sugar: 7.88g (8.76%), Cholesterol: 0mg (0%), Sodium: 322.81mg (14.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.36%), Vitamin C: 70.99mg (86.04%), Vitamin K: 34.84µg (33.18%), Vitamin A: 1241.07IU (24.82%), Manganese: 0.44mg (22%), Iron: 2.61mg (14.5%), Fiber: 3.45g (13.82%), Vitamin E: 2mg (13.37%), Vitamin B1: 0.2mg (13.1%), Folate: 49.91µg (12.48%), Vitamin B6: 0.19mg (9.63%), Vitamin B2: 0.16mg (9.57%), Vitamin B5: 0.89mg (8.94%), Magnesium: 34.12mg (8.53%), Potassium: 262.79mg (7.51%), Phosphorus: 72.85mg (7.29%), Selenium: 4.63µg (6.61%), Calcium: 61.97mg (6.2%), Copper: 0.1mg (4.96%), Vitamin B3: 0.75mg (3.77%), Zinc: 0.42mg (2.78%)