



Mustard Oil Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



143 kcal

SIDE DISH

Ingredients



1 pinch garlic salt



1 teaspoon ground pepper black



1.5 tablespoons mustard dijon-style prepared



0.3 cup olive oil



1 pinch onion powder



0.5 cup red wine vinegar



0.5 teaspoon salt



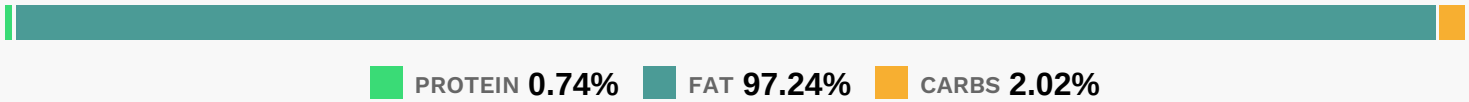
0.5 cup vegetable oil

Equipment

Directions

☐ In a jar with a lid, combine the mustard, vegetable oil, vinegar, pepper, salt, garlic salt, onion powder and olive oil. Cover and shake until thoroughly combined. Chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:12.8, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:1.8656521899545%

Flavonoids

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

Nutrients (% of daily need)

Calories: 142.99kcal (7.15%), Fat: 15.33g (23.58%), Saturated Fat: 2.17g (13.58%), Carbohydrates: 0.72g (0.24%), Net Carbohydrates: 0.39g (0.14%), Sugar: 0.08g (0.09%), Cholesterol: 0mg (0%), Sodium: 292.15mg (12.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.53%), Vitamin K: 15.25µg (14.52%), Vitamin E: 1.93mg (12.88%), Manganese: 0.08mg (4.2%), Selenium: 1.58µg (2.26%), Iron: 0.29mg (1.61%), Fiber: 0.33g (1.3%), Magnesium: 4.03mg (1.01%)