



## Non-fat Honey Mustard Dressing

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



91 kcal

SIDE DISH

### Ingredients

- 0.5 cup greek yogurt plain fat-free
- 0.3 cup honey
- 2 tablespoons juice of lemon
- 0.3 cup spicy brown mustard

### Equipment

- bowl

## Directions

- Stir yogurt, honey, mustard, and lemon juice in a bowl until evenly mixed. Store in a covered container in the refrigerator until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:21.07, Glycemic Load:9.15, Inflammation Score:-1, Nutrition Score:2.540434823088%

## 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 Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 90.8kcal (4.54%), Fat: 0.64g (0.98%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 19.71g (6.57%), Net Carbohydrates: 18.98g (6.9%), Sugar: 18.62g (20.69%), Cholesterol: 1.25mg (0.42%), Sodium: 181.11mg (7.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.65%), Selenium: 7.94µg (11.35%), Vitamin B2: 0.09mg (5.28%), Phosphorus: 52.26mg (5.23%), Manganese: 0.09mg (4.25%), Calcium: 39.28mg (3.93%), Vitamin C: 3.07mg (3.72%), Fiber: 0.73g (2.94%), Vitamin B12: 0.17µg (2.92%), Magnesium: 11.09mg (2.77%), Vitamin B1: 0.04mg (2.45%), Potassium: 77.34mg (2.21%), Iron: 0.36mg (2%), Zinc: 0.28mg (1.88%), Vitamin B6: 0.04mg (1.76%), Vitamin B5: 0.15mg (1.54%), Copper: 0.02mg (1.23%), Folate: 4.76µg (1.19%)