



Oriental Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



146 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 3 tablespoons honey
- ☐ 0.3 cup mayonnaise
- ☐ 2 tablespoons rice wine vinegar
- ☐ 0.1 teaspoon sesame oil

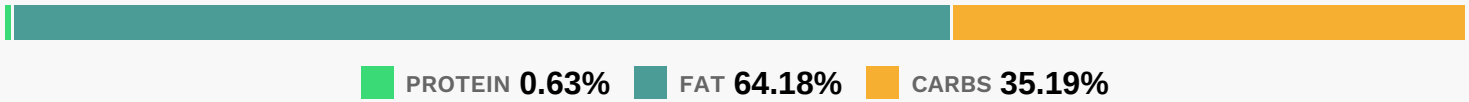
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐
- In a small bowl, whisk together the honey, vinegar, mayonnaise, mustard and sesame oil.
- ☐
- Pour atop salad and serve.

Nutrition Facts



Properties

Glycemic Index:46.07, Glycemic Load:6.81, Inflammation Score:-1, Nutrition Score:1.4526087068345%

Nutrients (% of daily need)

Calories: 146.39kcal (7.32%), Fat: 10.64g (16.37%), Saturated Fat: 1.66g (10.37%), Carbohydrates: 13.13g (4.38%), Net Carbohydrates: 13.04g (4.74%), Sugar: 13.03g (14.48%), Cholesterol: 5.88mg (1.96%), Sodium: 103.44mg (4.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.23g (0.47%), Vitamin K: 22.86µg (21.77%), Vitamin E: 0.47mg (3.1%), Selenium: 0.91µg (1.3%), Manganese: 0.02mg (1.16%)