

# Poppy Seed Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



229 kcal

SIDE DISH

## Ingredients

- 0.5 cup canola oil
- 1 tsp mustard dry
- 1 Tbsp onion juice
- 3 Tbsp real mayo mayonnaise kraft
- 0.5 cup olive oil
- 4.5 tsp poppy seed
- 1 tsp salt
- 0.5 cup sugar

0.3 cup red-wine vinegar

## Equipment

bowl

whisk

## Directions

Beat sugar, salt, dry mustard and wine vinegar in medium bowl with wire whisk until well blended.

Add olive oil, canola oil and onion juice; mix until well blended.

Add mayo and poppy seed; mix well. Cover.

Refrigerate until ready to serve.

## Nutrition Facts

**PROTEIN 1.14%** **FAT 62.79%** **CARBS 36.07%**

## Properties

Glycemic Index:30.42, Glycemic Load:14.04, Inflammation Score:-1, Nutrition Score:2.8526086891475%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## Nutrients (% of daily need)

Calories: 229.43kcal (11.47%), Fat: 16.25g (25%), Saturated Fat: 2.02g (12.61%), Carbohydrates: 21.01g (7%), Net Carbohydrates: 20.43g (7.43%), Sugar: 20.19g (22.44%), Cholesterol: 3.48mg (1.16%), Sodium: 519.7mg (22.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.33%), Vitamin K: 19.32µg (18.4%), Vitamin E: 1.74mg (11.62%), Manganese: 0.19mg (9.47%), Calcium: 39.67mg (3.97%), Phosphorus: 28.51mg (2.85%), Magnesium: 11mg (2.75%), Copper: 0.05mg (2.44%), Fiber: 0.57g (2.3%), Iron: 0.4mg (2.2%), Selenium: 1.49µg (2.13%), Vitamin B1: 0.03mg (1.77%), Zinc: 0.25mg (1.64%)