

Poppy Seed Dressing

 Vegetarian  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



14

CALORIES



82 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:10.86, Glycemic Load:5.01, Inflammation Score:-1, Nutrition Score:1.0182608834103%

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 Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 81.94kcal (4.1%), Fat: 5.8g (8.93%), Saturated Fat: 0.72g (4.5%), Carbohydrates: 7.5g (2.5%), Net Carbohydrates: 7.3g (2.65%), Sugar: 7.21g (8.01%), Cholesterol: 1.24mg (0.41%), Sodium: 185.61mg (8.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.47%), Vitamin K: 6.9µg (6.57%), Vitamin E: 0.62mg (4.15%), Manganese: 0.07mg (3.38%), Calcium: 14.17mg (1.42%), Phosphorus: 10.18mg (1.02%)