



Poppy Seed Dressing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



98 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon honey
- ☐ 0.5 cup pear nectar
- ☐ 1 teaspoon poppy seeds
- ☐ 0.7 cup cup heavy whipping cream light sour
- ☐ 1 tablespoon vegetable oil
- ☐ 2 tablespoons citrus champagne vinegar

Equipment

- ☐ bowl

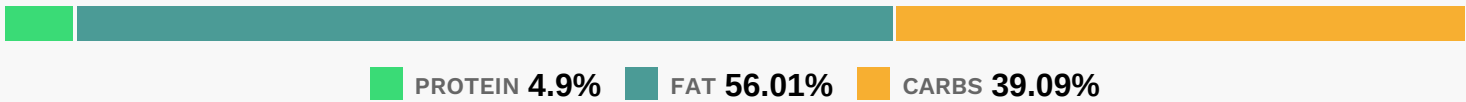
☐

whisk

Directions

- ☐ Whisk together all ingredients in a bowl. Chill, if desired.
- ☐ Serve with fresh fruit.

Nutrition Facts



Properties

Glycemic Index:11.45, Glycemic Load:1.81, Inflammation Score:-1, Nutrition Score:1.7486956511503%

Nutrients (% of daily need)

Calories: 97.81kcal (4.89%), Fat: 6.22g (9.57%), Saturated Fat: 2.47g (15.41%), Carbohydrates: 9.77g (3.26%), Net Carbohydrates: 9.5g (3.45%), Sugar: 7.33g (8.15%), Cholesterol: 10.73mg (3.58%), Sodium: 27.26mg (1.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.45%), Calcium: 53.73mg (5.37%), Vitamin K: 5.61µg (5.34%), Phosphorus: 28.39mg (2.84%), Manganese: 0.05mg (2.69%), Vitamin B2: 0.04mg (2.49%), Vitamin E: 0.34mg (2.25%), Potassium: 77.1mg (2.2%), Vitamin B12: 0.13µg (2.15%), Vitamin A: 100.84IU (2.02%), Copper: 0.03mg (1.68%), Magnesium: 6.22mg (1.56%), Zinc: 0.23mg (1.53%), Selenium: 1.07µg (1.52%), Vitamin B1: 0.02mg (1.19%), Fiber: 0.28g (1.1%), Iron: 0.19mg (1.06%), Folate: 4.2µg (1.05%)