



Poppy Seed Dressing I



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



6

CALORIES



47 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup milk
- ☐ 1 tablespoon poppy seeds
- ☐ 0.1 cup distilled vinegar white
- ☐ 0.3 cup sugar white

Equipment

- ☐ bowl
- ☐ whisk

Directions

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In a small bowl, whisk together salad dressing, milk, white sugar, vinegar, and poppy seeds.
Chill until ready to use.

Nutrition Facts



Properties

Glycemic Index:27.18, Glycemic Load:6.01, Inflammation Score:-1, Nutrition Score:1.0556521763134%

Nutrients (% of daily need)

Calories: 47.01kcal (2.35%), Fat: 0.98g (1.5%), Saturated Fat: 0.26g (1.61%), Carbohydrates: 9.2g (3.07%), Net Carbohydrates: 8.91g (3.24%), Sugar: 8.85g (9.84%), Cholesterol: 1.22mg (0.41%), Sodium: 4.44mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.21%), Manganese: 0.1mg (5.21%), Calcium: 34.48mg (3.45%), Phosphorus: 23.53mg (2.35%), Magnesium: 6.48mg (1.62%), Copper: 0.03mg (1.27%), Vitamin B1: 0.02mg (1.23%), Fiber: 0.29g (1.17%), Zinc: 0.16mg (1.08%), Vitamin B2: 0.02mg (1.01%)