



Poppy Seed Honey Dressing

 Vegetarian  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



139 kcal

SIDE DISH

Ingredients

- 3 tablespoons apple cider vinegar
- 2 teaspoons dijon mustard
- 0.3 cup honey
- 2 tablespoons olive oil
- 1 teaspoon poppy seeds
- 1 small shallots minced

Equipment

Nutrition Facts

PROTEIN 1.28% FAT 46.17% CARBS 52.55%

Properties

Glycemic Index:39.82, Glycemic Load:9.41, Inflammation Score:-1, Nutrition Score:1.5995652173913%

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

Nutrients (% of daily need)

Calories: 138.62kcal (6.93%), Fat: 7.4g (11.39%), Saturated Fat: 1.01g (6.3%), Carbohydrates: 18.96g (6.32%), Net Carbohydrates: 18.46g (6.71%), Sugar: 17.99g (19.99%), Cholesterol: 0mg (0%), Sodium: 30mg (1.3%), Protein: 0.46g (0.92%), Vitamin E: 1.03mg (6.88%), Manganese: 0.12mg (6.2%), Vitamin K: 4.3µg (4.1%), Fiber: 0.5g (1.98%), Iron: 0.34mg (1.88%), Selenium: 1.21µg (1.72%), Calcium: 16.8mg (1.68%), Magnesium: 6.1mg (1.53%), Vitamin B6: 0.03mg (1.51%), Phosphorus: 14.72mg (1.47%), Potassium: 49.32mg (1.41%), Copper: 0.03mg (1.4%), Zinc: 0.15mg (1.01%)