

Poppyseed Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



15 min.

SERVINGS



7

CALORIES



103 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon ground mustard dry
- ☐ 1 teaspoon onion grated
- ☐ 1 tablespoon poppy seeds
- ☐ 1 teaspoon salt
- ☐ 1 cup vegetable oil
- ☐ 0.3 cup sugar white
- ☐ 0.5 cup vinegar white

Equipment

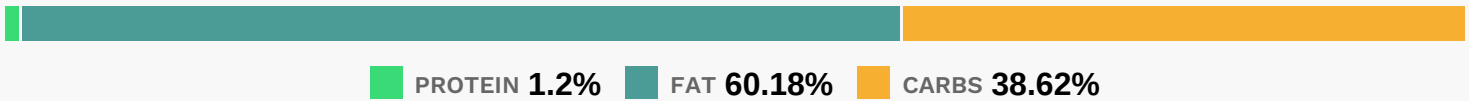
- ☐ food processor
- ☐ blender

Directions

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In a blender or food processor, combine sugar, vinegar, salt, mustard and onion and process for 20 seconds. With blender or food processor on high, gradually add oil in a slow, steady stream. Stir in poppy seeds.

Nutrition Facts



Properties

Glycemic Index:21.73, Glycemic Load:6.66, Inflammation Score:-1, Nutrition Score:1.4160869464926%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 103.32kcal (5.17%), Fat: 6.9g (10.61%), Saturated Fat: 1.01g (6.34%), Carbohydrates: 9.96g (3.32%), Net Carbohydrates: 9.67g (3.52%), Sugar: 9.58g (10.65%), Cholesterol: 0mg (0%), Sodium: 333.05mg (14.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.62%), Vitamin K: 11.47µg (10.92%), Manganese: 0.1mg (5.24%), Vitamin E: 0.55mg (3.65%), Calcium: 20.71mg (2.07%), Phosphorus: 14.36mg (1.44%), Magnesium: 5.74mg (1.43%), Selenium: 0.92µg (1.31%), Copper: 0.02mg (1.24%), Fiber: 0.29g (1.16%)