



Poppyseed Salad Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



3

CALORIES



711 kcal

SIDE DISH

ANTIPASTI

STARTER

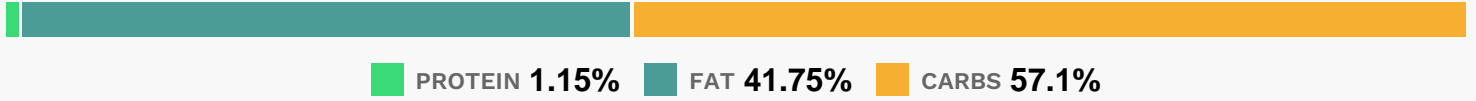
SNACK

Ingredients

- 3 tablespoons onion
- 2 teaspoons ground mustard dry
- 3 tablespoons poppy seeds
- 2 teaspoons salt
- 2 cups vegetable oil
- 1.5 cups granulated sugar white
- 0.8 cup vinegar white

Equipment

Nutrition Facts



Properties

Glycemic Index:50.7, Glycemic Load:70.07, Inflammation Score:-4, Nutrition Score:8.2530434782609%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 711.45kcal (35.57%), Fat: 33.62g (51.72%), Saturated Fat: 4.87g (30.44%), Carbohydrates: 103.47g (34.49%), Net Carbohydrates: 101.38g (36.86%), Sugar: 100.61g (111.79%), Cholesterol: 0mg (0%), Sodium: 1555.51mg (67.63%), Protein: 2.08g (4.15%), Vitamin K: 53.57µg (51.01%), Manganese: 0.69mg (34.61%), Vitamin E: 2.61mg (17.38%), Calcium: 141.05mg (14.11%), Phosphorus: 94.79mg (9.48%), Magnesium: 37.84mg (9.46%), Copper: 0.17mg (8.55%), Fiber: 2.09g (8.35%), Selenium: 4.96µg (7.09%), Iron: 1.11mg (6.17%), Vitamin B1: 0.09mg (6.15%), Zinc: 0.83mg (5.53%), Folate: 11.44µg (2.86%), Potassium: 92.75mg (2.65%), Vitamin B2: 0.03mg (2.01%), Vitamin B6: 0.04mg (1.98%), Vitamin C: 0.92mg (1.12%)