



Potato Salad Dressing



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



110 kcal

SIDE DISH

Ingredients



2 tablespoons dijon mustard



5.5 tablespoons mayonnaise



2 teaspoons worcestershire sauce

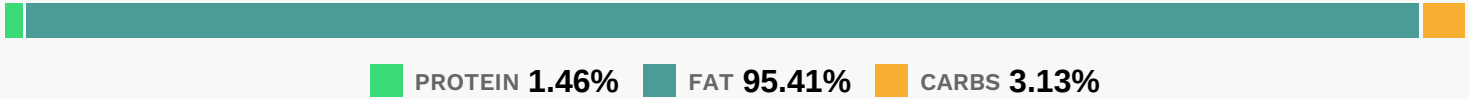
Equipment

Directions



Stir together all ingredients. Store in an airtight container in refrigerator up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:16.4, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:1.8917391449213%

Nutrients (% of daily need)

Calories: 110.23kcal (5.51%), Fat: 11.72g (18.03%), Saturated Fat: 1.82g (11.36%), Carbohydrates: 0.87g (0.29%), Net Carbohydrates: 0.61g (0.22%), Sugar: 0.41g (0.46%), Cholesterol: 6.47mg (2.16%), Sodium: 194.99mg (8.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.81%), Vitamin K: 25.22µg (24.02%), Vitamin E: 0.53mg (3.52%), Selenium: 2.41µg (3.44%), Iron: 0.25mg (1.42%), Manganese: 0.03mg (1.3%), Phosphorus: 11.15mg (1.12%), Fiber: 0.26g (1.03%)