



Sesame-Poppy Seed Dressing

 Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



299 kcal

SIDE DISH

Ingredients

- 0.5 cup cider vinegar
- 1 tablespoon onion minced
- 2 tablespoons poppy seeds
- 0.3 teaspoon salt
- 0.3 cup sesame seed toasted
- 1 cup sugar
- 1 cup vegetable oil
- 0.5 teaspoon worcestershire sauce

Equipment

blender

Directions

Pulse first 5 ingredients in a blender 2 or 3 times or until smooth. With blender running, add oil in a slow, steady stream; process until smooth. Stir in seeds; chill 24 hours.

Nutrition Facts



Properties

Glycemic Index:35.42, Glycemic Load:28.38, Inflammation Score:-2, Nutrition Score:6.063478263338%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 299.24kcal (14.96%), Fat: 14.07g (21.65%), Saturated Fat: 2.02g (12.59%), Carbohydrates: 43.14g (14.38%), Net Carbohydrates: 41.51g (15.1%), Sugar: 40.29g (44.77%), Cholesterol: 0mg (0%), Sodium: 127.51mg (5.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2g (4%), Manganese: 0.49mg (24.5%), Copper: 0.37mg (18.58%), Vitamin K: 16.05µg (15.29%), Calcium: 128.14mg (12.81%), Magnesium: 40.29mg (10.07%), Iron: 1.55mg (8.61%), Phosphorus: 81.35mg (8.13%), Fiber: 1.62g (6.48%), Vitamin B1: 0.09mg (6.09%), Zinc: 0.88mg (5.89%), Vitamin E: 0.8mg (5.31%), Selenium: 3.34µg (4.78%), Vitamin B6: 0.07mg (3.53%), Folate: 10.65µg (2.66%), Potassium: 86.97mg (2.49%), Vitamin B3: 0.38mg (1.89%), Vitamin B2: 0.03mg (1.83%)