



Smoky Dijon Dressing

 Vegetarian  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



83 kcal

SIDE DISH

Ingredients

- 2 teaspoons dijon mustard coarse-grained
- 2 tablespoons honey
- 5 servings kosher salt and pepper black to taste
- 0.7 cup olive oil
- 2 teaspoons pimentón smoked sweet spanish (paprika)
- 0.3 cup red wine vinegar

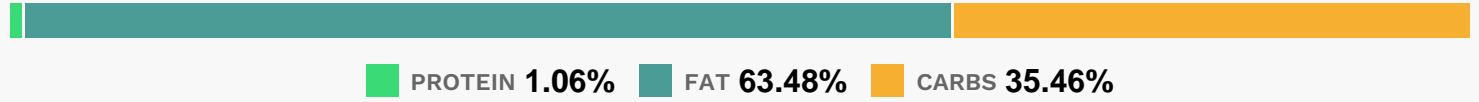
Equipment

- whisk

Directions

- Whisk together olive oil, vinegar, honey, pimentn, and Dijon mustard.
- Add kosher salt and black pepper to taste.

Nutrition Facts



Properties

Glycemic Index:16.85, Glycemic Load:3.62, Inflammation Score:-2, Nutrition Score:1.3034782565158%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 82.96kcal (4.15%), Fat: 5.94g (9.14%), Saturated Fat: 0.82g (5.12%), Carbohydrates: 7.47g (2.49%), Net Carbohydrates: 7.09g (2.58%), Sugar: 6.98g (7.76%), Cholesterol: 0mg (0%), Sodium: 230.64mg (10.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.45%), Vitamin E: 1.14mg (7.61%), Vitamin A: 238.62IU (4.77%), Vitamin K: 4.34µg (4.14%), Manganese: 0.04mg (1.82%), Iron: 0.31mg (1.73%), Fiber: 0.38g (1.52%), Selenium: 0.91µg (1.3%), Vitamin B6: 0.02mg (1.01%)