



Healthdor

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## Honey Mustard Dressing ♦

Honey Mustard Dressing is a delicious and versatile dressing that can be used on salads, sandwiches, and as a dipping sauce. It is made with a combination of honey, mustard, vinegar, and spices, and is fat-free. This dressing is perfect for those following a vegan or vegetarian diet.

**Recipe Type:** Vegan

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 10

**Serving Size:** 20 g

### Ingredients

100 g	Honey
100 g	Mustard
50 ml	Vinegar
1 tsp	Salt
1 tsp	Pepper

1 tsp	Garlic powder
1 tsp	Onion powder

## Directions

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### Step 1

#### Mixing

In a bowl, whisk together honey, mustard, vinegar, salt, pepper, garlic powder, and onion powder until well combined.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Taste and adjust seasoning if necessary.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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### Step 3

#### Refrigerating

Refrigerate for at least 1 hour before serving to allow the flavors to meld together.

**Prep Time:** 0 mins

**Cook Time:** 60 mins

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## Nutrition Facts

Calories: 42 kcal

Fat: 0 g

Protein: 0 g

Carbohydrates: 11 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	0 g	0%	0%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	11 g	20%	22%
Fibers	0 g	0%	0%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	101 mg	4.39%	4.39%
Calcium	1 mg	0.1%	0.1%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	1 mg	12.5%	5.56%
Potassium	9 mg	0.26%	0.35%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
 Valentine's Day Mother's Day Father's Day New Year Anniversary  
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic  
 Game Day

### Course

Sauces & Dressings

### Cultural

Chinese New Year Passover Christmas

### Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$30 to \$40 \$40 to \$50 Over \$50

### Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Allergy Friendly

Diabetic Friendly

Heart Healthy

## Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet

Paleo Diet

The Whole30 Diet

Atkins Diet

Ketogenic Diet

Low Carb, High Fat (LCHF) Diet

South Beach Diet

Zone Diet

Nutrisystem Diet

Nordic Diet

Okinawa Diet

Alkaline Diet

Macrobiotic Diet

Intermittent Fasting

5:2 Diet

16:8 Diet

Warrior Diet

OMAD (One Meal a Day) Diet

Body for Life Diet

Low FODMAP Diet

Slow Carb Diet

Vegetarian Diet

Vegan Diet

Raw Food Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

Engine 2 Diet

Blood Type Diet

Ayurvedic Diet

Traditional Chinese Medicine (TCM) Diet

Anti-Inflammatory Diet

The Acid Reflux Diet

Gluten-Free Diet

Low Glycemic Index Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The 80/10/10 Diet

The Gerson Therapy

The Swiss Secret Diet

The Scarsdale Diet

The Cabbage Soup Diet

The Hallelujah Diet

The Mayo Clinic Diet

The Beverly Hills Diet

The Hollywood Diet

The Lemonade Diet

The Grapefruit Diet

The Rice Diet

The Sleeping Beauty Diet

The Baby Food Diet

The 3-Hour Diet

The French Women Don't Get Fat Diet

The Cookie Diet

The F-Plan Diet

The Israeli Army Diet

The Air Diet

The Breatharian Diet

The Werewolf Diet

The Five-Bite Diet

The Negative Calorie Diet

The Ice Cream Diet

The Master Cleanse Diet

The Subway Diet

The SlimFast Diet

The Cambridge Diet

The Shangri-La Diet

The Best Life Diet

The 3-Day Diet

The CICO (Calories In, Calories Out) Diet    The Eat-Clean Diet

The Peanut Butter Diet    The Bulletproof Diet    The Carnivore Diet

The Dukan Diet    The HCG Diet    The Optavia Diet    The Pritikin Diet

The Starch Solution Diet    The Vertical Diet    The GOLO Diet

The Gut and Psychology Syndrome (GAPS) Diet

The Specific Carbohydrate Diet (SCD)    The Anti-Candida Diet    The Dr. Sebi Diet

The Crohn's Disease Diet    The Ulcerative Colitis Diet    The Low-Residue Diet

The BRAT Diet (Bananas, Rice, Applesauce, Toast)

The GERD Diet (Gastroesophageal Reflux Disease)

The PCOS (Polycystic Ovary Syndrome) Diet

The SIBO (Small Intestinal Bacterial Overgrowth) Diet

The Histamine Intolerance Diet    The IBS (Irritable Bowel Syndrome) Diet

The Salicylate Sensitivity Diet    The Low Oxalate Diet    The Diabetes Diet

The Hypothyroidism Diet    The Hyperthyroidism Diet

The Epilepsy Diet (Modified Atkins Diet for Seizures)    The Parkinson's Disease Diet

The Multiple Sclerosis (MS) Diet    The Fibromyalgia Diet

The Chronic Fatigue Syndrome Diet    The Arthritis Diet    The Osteoporosis Diet

The Heart-Healthy Diet    The Non-Alcoholic Fatty Liver Disease (NAFLD) Diet

The Low Purine Diet    The High-Fiber Diet    The Low-Fat Diet

The High-Protein Diet    The Low-Protein Diet    The High-Calcium Diet

The High-Potassium Diet    The Low-Potassium Diet    The High-Iron Diet

The Low-Iron Diet    The Low-Phosphorus Diet    The High-Vitamin D Diet

The High-Vitamin C Diet    The High-Vitamin K Diet    The Low-Vitamin K Diet

The Low-Copper Diet    The Spring Detox Diet    The Summer Weight Loss Diet

The Fall Immunity-Boosting Diet    The Winter Warming Diet    The Low-Sulfur Diet

The High-Sulfur Diet    The Eczema Diet    The Psoriasis Diet    The Rosacea Diet

The Acne Diet    The Migraine Diet    The Celiac Disease Diet

The Gallbladder Diet    The Kidney Stone Diet    The Anti-Anxiety Diet

The Depression Diet   The Adrenal Fatigue Diet   The Endometriosis Diet  
The Hashimoto's Disease Diet   The Lyme Disease Diet   The Diverticulitis Diet  
The Restless Leg Syndrome Diet   The Tinnitus Diet   The Interstitial Cystitis Diet  
The Gastroparesis Diet   The Menopause Diet   The Post-Pregnancy Diet  
The Fertility Diet   The Breastfeeding Diet   The Low-Nickel Diet  
The Chronic Urticaria Diet   The Dysphagia Diet  
The Chronic Kidney Disease (CKD) Diet   The Raynaud's Disease Diet  
The Sjögren's Syndrome Diet   The Low Tyramine Diet   The Lactose-Free Diet  
The Fructose Malabsorption Diet   The Low-Histamine Diet  
  
The Mast Cell Activation Syndrome (MCAS) Diet  
The Irritable Larynx Syndrome (ILS) Diet   The Chronic Pancreatitis Diet  
The Sarcoidosis Diet   The Leaky Gut Syndrome Diet   The Behçet's Disease Diet  
The Graves' Disease Diet   The Addison's Disease Diet  
The Cushing's Syndrome Diet   The Ankylosing Spondylitis Diet   The Lupus Diet  
  
The Myasthenia Gravis Diet  
The POTS (Postural Orthostatic Tachycardia Syndrome) Diet  
The Eosinophilic Esophagitis (EoE) Diet  
The Chronic Obstructive Pulmonary Disease (COPD) Diet   The Asthma Diet  
The Sinusitis Diet   The Bronchiectasis Diet   The Insomnia Diet  
  
The Seasonal Affective Disorder (SAD) Diet  
The ADHD Diet (Attention Deficit Hyperactivity Disorder)   The Autism Diet  
The Bipolar Disorder Diet   The Schizophrenia Diet  
The Post-Traumatic Stress Disorder (PTSD) Diet   Blood Type O Diet  
Blood Type A Diet   Blood Type B Diet   Blood Type AB Diet

### **Cooking Method**

Grilling   Boiling

### **Meal Type**



Brunch

Lunch

Snack

## Difficulty Level

Easy

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