

Honey Mustard Dressing

By Food & Nutrition from Public Health Jersey



Food Labelling...

EU Label values per 100g

Serves 13

	PER 100G	%RI	PER 10.6G SERVING	%RI
Energy(Kj)	2333 kJ	28%	247 kJ	3%
Energy(kcal)	565 kcal	28%	60 kcal	3%
Fat	56 g	80%	5.9 g	8%
of which saturates	7.9 g	40%	0.8 g	4%
Carbohydrate	14 g	5%	1.5 g	1%
of which sugars	13 g	14%	1.4 g	2%
Fibre	0.5 g	2%	0 g	0%
Protein	1 g	2%	0 g	0%
Salt	0.82 g	14%	0.09 g	2%

CONTAINS:



MUSTARD



SULPHITES

Recipe Ingredients ...

	Quantity:	Description:
Mustard, smooth..	15g	3.75x Average Portion
Honey, raw..	21g	1 tablespoon
Garlic, raw..	3g	1x Average Portion
Cider Vinegar..	22.8g	2 tablespoon
Oil, olive..	76g	1/3 cup

Cooking Instructions & Notes

Keeping the olive oil to one side, place all other ingredients in the food processor and wiz.

With the processor still running, add the olive oil until well mixed.

