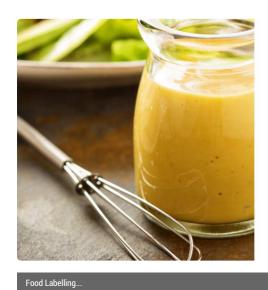
Honey Mustard Dressing By Food & Nutrition from Public Health Jersey





Serves 13 EU Label values per 100g

	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%

Carbohydrate	14 g	5%	1.5 g	1%
which sugars	13 g	14%	1.4 g	2%
ibre	0.5 g	2%	O g	0%
rotein	1 g	2%	O g	0%
alt	0.82 g	14%	0.09 g	2%
Recipe Ingredients				
Justard, smooth				
Honey, raw				

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.

