AMERICAN · SAUCE

Oil-Free Honey Mustard Vinaigrette

5 min · Makes 11 × 2 tbsp · 31 kcal a portion · Video 6:54 · Clean & Delicious

Vegan · Gluten-free ingredients · Nut-free

Made without oil, so a 2-tbsp portion has only about 30 kcal and almost no fat; the honey adds about 6 g of sugar a portion, inside a 10 g limit for added sugar.

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Ingredients

7 · MAKES 11 × 2 TBSP

- [ ] 80 g roughly chopped **white onion**
- [ ] 60 g **Dijon mustard**
- [ ] 60 ml **apple cider vinegar**
- [ ] 60 ml **honey** (or maple syrup)
- [ ] 60 ml **filtered water**
- [ ] about ½ tsp **salt**
- [ ] a little **freshly ground black pepper**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Put the chopped onion, Dijon mustard, apple cider vinegar, honey and water into a small food processor or blender. 1:22
2. Add the salt and a little black pepper. 1:43
3. Blend until the onion has completely broken down and the dressing is smooth and thin. 1:48
4. Drizzle over salads with a bit of bite, such as rocket with sliced red onion and cherry tomatoes. Keep in an airtight jar in the fridge for about a week. 2:08

> **Tip** Makes about 300 ml. Use maple syrup instead of honey to keep it vegan. Serve with avocado, nuts or seeds in the salad if you want some healthy fat with it.

The method is a summary in our words — the video shows every step.

One portion (2 tbsp) gives you

1 OF 11 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
31 kcal	0.3 g	7.4 g	0.3 g	0.2 g	170 mg
130 kJ	1% of a day	7.1 g net · 6.7 g sugars	1% of a day	0 g saturated	7% of a day
		3% of a day		0% of a day	

Energy from net carbs 90% · protein 4% · fat 6%

Recipe and video: Clean & Delicious (@CleanandDeliciousDani) on YouTube — youtube.com/watch?v=TbZSVaTjHYM, published 2 November 2017. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/oil-free-honey-mustard-vinaigrette