

Dijon Mustard Dressing (Low FODMAP)



Discover our flavorful recipe for Low FODMAP Dijon Mustard Dressing. Add a touch of zest to your salads with this deliciously balanced dressing, tailored for specific dietary needs. Easy to prepare, indulge and enjoy!

Preparation 5 min

Cooking 0 min

Servings 4

Nutrition Facts (per serving)

Calories 110

Fat 11

Carbohydrates 3

Fibre 0

Protein 0

Sodium 85

Ingredients

- 45 ml (3 tbsp) garlic-infused olive oil
- 30 ml (2 tbsp) apple cider vinegar
- 15 ml (1 tbsp) Dijon mustard
- 15 ml (1 tbsp) maple syrup

1. In a bowl, mix all ingredients together with a whisk or a fork. Enjoy with a salad or on a side of grilled or steamed vegetables.

Try our Low FODMAP [Asian Orange Dressing](#) or our [Creamy Herb Dressing](#), both delicious and suitable for a low FODMAP diet.

Notes

Can be stored up to 4 days in an airtight jar.



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