



Fat Free Dijon Honey Mustard Dressing

Item # 81958

Product Description:

The same sweet and tangy flavor as our regular item 80066 Dijon Honey Mustard Dressing, but with 60% less calories and no fat. A creamy blend of Dijon mustard, honey, selected herbs and spices. Great on salads, as a spread for a health conscious deli sandwich, basting sauce for fish and poultry, or as a dipping sauce for chicken strips and egg rolls.



Item UPC:	00070200819580
Case GTIN:	10070200819587
Pack:	60
Size:	1.5 oz.
Shelf Life:	180 Days
Package Format:	Pouch
Storage:	Store in a cool, dry place between 35°F and 80°F. Do Not Freeze.
Servings Per Case:	About 60
Product Preparation:	Ready to use
Additional Pack Sizes:	80009 4/1 gal bottle

Date Last Refreshed: 6/12/14



T. Marzetti Company
1105 Schrock Rd, Ste 300
Columbus, Ohio 43229
www.MarzettiFoodservice.com

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INGREDIENTS:

WATER, SUGAR, DISTILLED VINEGAR, MUSTARD SEED*, HONEY, MODIFIED CORNSTARCH, SALT, XANTHAN GUM, SPICE, ARTIFICIAL COLORS (INCLUDING YELLOW #5), NATURAL FLAVOR, WHITE WINE, DEHYDRATED ONION, SODIUM BENZOATE ADDED AS PRESERVATIVE, CITRIC ACID, TARTARIC ACID, CORN SYRUP, MOLASSES, DEHYDRATED GARLIC, TURMERIC, TAMARIND.
*ADDS A TRIVIAL AMOUNT OF FAT

Nutrition Facts

Serving Size 1.5 oz. (43 g)
Servings Per Container 1



Amount Per Serving

Calories 50 **Calories from Fat** 0



% Daily Value*

Total Fat 0 g **0 %**

Saturated Fat 0 g **0 %**

Trans Fat 0 g

Cholesterol 0 mg **0 %**

Sodium 370 mg **15 %**

Total Carb. 13 g **4 %**

Dietary Fiber 0 g **0 %**

Sugars 11 g

Protein 0 g



o Vitamin A 0 % o Vitamin C 0 % o Calcium 0 % o Iron 0 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Nutrient		2,000 Calories	2,500 Calories
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Fiber		25g	30g

1g Fat = 9 calories – 1g Carbohydrates = 4 calories – 1g Protein = 4 calories

Other Nutrition Information:
Gluten Free



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Recipes

Bruschetta with Shrimp & Avocado

Recipe Category: Appetizers

- ½ cup Marzetti® Fat Free Dijon Honey Mustard Dressing
- 1 lb. cooked shrimp, tail removed
- ½ cup red onion, chopped
- 1 avocado, chopped
- 4 ciabatta rolls, halved
- 16 fresh basil leaves

Preparation: In a large bowl, mix shrimp, red onion, avocado and Marzetti Fat Free Dijon Honey Mustard Dressing. Arrange halved, toasted or grilled, ciabatta rolls on a large platter and spoon shrimp mixture evenly over toasts. Top each toast with two fresh basil leaves and serve.



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Recipes

Hot & Honey Hog Sandwich

Recipe Category: Entrees

Yields: 4

- 1 ½ cups Marzetti® Fat Free Dijon Honey Mustard Dressing
- 4 cups pulled pork, cooked
- 6 hamburger buns
- 2 sweet onions
- 3 roasted chili peppers
- 6 slices pepper jack cheese
- 12 slices crispy bacon
- To sauté butter

Preparation: Mix together cooked pulled pork and Marzetti Fat Free Dijon Honey Mustard Dressing; set aside. Spread butter on seeded buns and grill until golden brown. Sauté onions in butter. Thinly slice the roasted chili peppers. Build the sandwiches by layering the pulled pork on a bun, then onions, strips of chilis, one slice of cheese and 3 strips of bacon.



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Recipes

Cauliflower Au Gratin

Recipe Category: Entrees

Yields: 12

- 2 cups Marzetti® Fat Free Dijon Honey Mustard Dressing
- 2 packages (20 oz. each) frozen cauliflower, thawed
- 2 cups finely shredded cheddar cheese

Preparation: Preheat oven to 350°F. Spray baking dish with nonstick spray. Place cauliflower in dish and bake 8-10 minutes. Sprinkle with salt and pepper, spread Marzetti Fat Free Dijon Honey Mustard Dressing over cauliflower and bake an additional 8-10 minutes. Sprinkle with cheese and bake 8-10 more minutes until cauliflower is tender.



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Recipes

Honey Mustard Shrimp Pasta with Vegetables

Recipe Category: Entrees

Serves: 8

- 2 cups Marzetti® Fat Free Dijon Honey Mustard Dressing
- 24 oz. Marzetti Frozen Pasta® Precooked Fettuccini - Poly Bag
- 4 tbsp. olive oil
- 2 lb. shrimp, peeled and deveined
- 4-5 cloves garlic, minced
- 16 oz. sliced mushrooms
- 16 oz. chopped spinach
- 2 tsp. dried tarragon
- 2 tsp. black pepper
- ½ tsp. salt
- 1 cup dry white wine
- 2 pints grape tomatoes, cut in half
- 8 oz. parmesan-reggiano cheese, grated

Preparation: Heat olive oil in deep sauté pan over medium high heat. Add shrimp and cook about 5 minutes until opaque. Add mushrooms and garlic; cook about 5 minutes. Add spinach and cook 2-3 minutes. Add seasonings and wine; simmer for about 3 minutes. Add Marzetti Fat Free Dijon Honey Mustard Dressing and heat. Add tomatoes and heat until just hot. Add cheese and stir until melted. Serve over Marzetti Frozen Pasta Fettuccini (prepare according to package directions). Garnish with fresh springs of tarragon.



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Recipes

Sweet Honey Mustard Ribs

Recipe Category: Entrees

Cook time: 1 hour 45 minutes

- 1/3 cup Marzetti® Fat Free Dijon Honey Mustard Dressing
- 4 1/2 lbs. pork spare ribs
- 1/4 cup molasses
- 1/3 cup apple cider vinegar

Preparation: Mix the molasses and Marzetti Fat Free Dijon Honey Mustard Dressing; stir in apple cider vinegar and set aside. Cut the pork spare ribs into serving pieces. Place meaty side up on rack in a roasting pan. Roast uncovered at 325°F for 1 hour. Brush with honey mustard sauce. Roast, turning and brushing frequently for 45 minutes.



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Recipes

Grilled Chicken & Spinach Salad

Recipe Category: Salads

- 2 oz. Marzetti® Fat Free Dijon Honey Mustard Dressing
- 2 oz. Marzetti® Hot Bacon Dressing
- 1 oz. Marzetti® Large Cut Garlic & Butter Croutons
- 3 oz. fresh spinach
- 3 oz. grilled chicken breast
- 1 oz. red onion slices
- 2 hard-boiled eggs, quartered

Preparation: Place spinach in large salad bowl. Top with grilled chicken breast, thinly sliced. Garnish with red onion slices, eggs and Marzetti Croutons. Serve with Marzetti Dijon Honey Mustard Dressing and Marzetti Hot Bacon Dressing.



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Recipes

Grilled Chicken Slider Sandwiches

Recipe Category: Appetizers

- 1 ½ cups Marzetti® Fat Free Dijon Honey Mustard Dressing
- 12 Sister Schubert's® Par Bake Yeast Dinner Rolls
- 12 small grilled chicken filets
- Lettuce
- Tomato

Preparation: Preheat oven to 350° F. Place Sister Schubert's rolls on baking sheets on middle rack of conventional oven; brush tops with butter. Bake 5-10 minutes or until lightly browned. (Option: 3-5 minutes in convection oven.) Split cooled rolls. Place one cooked chicken filet in each roll and top with Marzetti Fat Free Dijon Honey Mustard Dressing, lettuce and tomato slice.



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Recipes

Herb Cordon Bleu Penne Salad

Recipe Category: Salads

- 3 lbs. Marzetti Frozen Pasta[®] Precooked Penne Rigati
- ½ gallon Marzetti[®] Dijon Honey Mustard Dressing
- 2 cups Marzetti[®] Extra Heavy Mayonnaise
- 2 cups diced honey ham
- 2 cups cubed swiss cheese
- 2 oz. fresh chopped parsley
- 2 oz. fresh chopped dill
- 2 oz. fresh chopped chive

Preparation: Mix Marzetti Mayonnaise and Marzetti Fat Free Dijon Honey Mustard Dressing together and set aside. Chop herbs, cheese and ham. Add all ingredients to thawed pasta and fold together. Garnish with sliced radishes or celery curls. Perfect side dish for a spring or summer menu!



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Recipes

Golden Barbecue Sauce

Recipe Category: Soups

- 1 quart Marzetti® Fat Free Dijon Honey Mustard Dressing
- 1 quart Marzetti® Barbecue Sauce
- 2 tsp. hot sauce
- 2 tsp. Worcestershire sauce
- ½ cup Red wine vinegar

Preparation: Mix all ingredients together in stainless bowl. Shake to coat on choice of chicken wings.



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