



Ancho Honey Mustard Sauce

 Vegetarian  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



156 kcal

SAUCE

Ingredients

- 2 teaspoons ancho chile powder
- 0.5 cup dijon mustard
- 2 teaspoons garlic powder
- 0.5 cup honey
- 1 teaspoon rice wine vinegar

Equipment

- bowl
- whisk

Directions

- Whisk together the mustard, honey, ancho powder, garlic powder, and rice wine vinegar in a small bowl until evenly combined.

Nutrition Facts

 **PROTEIN 4.29%**  **FAT 6.35%**  **CARBS 89.36%**

Properties

Glycemic Index:34.82, Glycemic Load:18.36, Inflammation Score:-3, Nutrition Score:3.7456521599189%

Nutrients (% of daily need)

Calories: 155.82kcal (7.79%), Fat: 1.21g (1.86%), Saturated Fat: 0.11g (0.67%), Carbohydrates: 38.16g (12.72%), Net Carbohydrates: 36.25g (13.18%), Sugar: 35.34g (39.27%), Cholesterol: 0mg (0%), Sodium: 361.39mg (15.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.67%), Selenium: 11.49µg (16.41%), Manganese: 0.2mg (9.8%), Fiber: 1.91g (7.62%), Vitamin A: 318.6IU (6.37%), Iron: 0.93mg (5.17%), Magnesium: 18.44mg (4.61%), Vitamin B1: 0.07mg (4.52%), Phosphorus: 44.57mg (4.46%), Vitamin B6: 0.08mg (3.87%), Vitamin E: 0.5mg (3.34%), Potassium: 106.14mg (3.03%), Vitamin B2: 0.05mg (2.83%), Copper: 0.06mg (2.82%), Calcium: 26.71mg (2.67%), Zinc: 0.38mg (2.54%), Vitamin B3: 0.35mg (1.77%), Vitamin K: 1.53µg (1.46%), Vitamin B5: 0.14mg (1.42%)