



Cajun Mustard



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



17 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon garlic minced
- ☐ 1 tablespoon green onions finely chopped
- ☐ 1 teaspoon honey
- ☐ 1 teaspoon hot sauce
- ☐ 8 oz spicy brown mustard

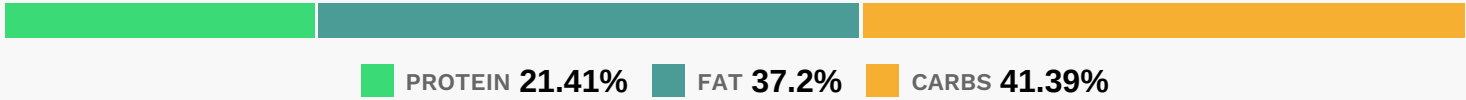
Equipment

Directions

- ☐
- Stir together spicy brown mustard and remaining ingredients.

☐☐

Nutrition Facts



Properties

Glycemic Index:14.63, Glycemic Load:0.41, Inflammation Score:-1, Nutrition Score:1.8347826172476%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 16.65kcal (0.83%), Fat: 0.77g (1.19%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 1.93g (0.64%), Net Carbohydrates: 0.93g (0.34%), Sugar: 0.92g (1.02%), Cholesterol: 0mg (0%), Sodium: 260.22mg (11.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (2%), Selenium: 7.76µg (11.09%), Manganese: 0.1mg (5.07%), Fiber: 1g (4%), Vitamin B1: 0.04mg (2.93%), Magnesium: 11.12mg (2.78%), Phosphorus: 25.25mg (2.52%), Iron: 0.38mg (2.11%), Calcium: 15.34mg (1.53%), Vitamin K: 1.6µg (1.52%), Potassium: 37.82mg (1.08%), Vitamin B6: 0.02mg (1.03%), Zinc: 0.15mg (1.02%)