



Carolina Mustard Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



172 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon asian chili sauce hot (such as Sriracha)
- ☐ 0.5 cup dijon mustard
- ☐ 0.5 cup mayonnaise
- ☐ 2 teaspoons worcestershire sauce

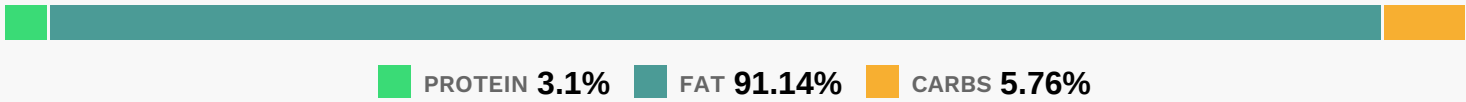
Equipment

- ☐ bowl

Directions

- ☐ Stir together mayonnaise, Dijon mustard, Worcestershire sauce, and Asian hot chili sauce in a small bowl. Spoon mustard sauce into 1 (8-oz.) jar. Store in refrigerator up to 3 weeks.
- ☐ Note: We tested with Maille Dijon Originale Mustard.
- ☐ PACKAGE IN: Cardboard Drink Carrier (\$50; thinkgarnish.com); Weck 1/5 Liter Jar (\$99; worldmarket.com)

Nutrition Facts



Properties

Glycemic Index:16.4, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:4.0482608624127%

Nutrients (% of daily need)

Calories: 172.12kcal (8.61%), Fat: 17.61g (27.09%), Saturated Fat: 2.68g (16.78%), Carbohydrates: 2.5g (0.83%), Net Carbohydrates: 1.36g (0.49%), Sugar: 1.12g (1.24%), Cholesterol: 9.41mg (3.14%), Sodium: 487.54mg (21.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.7%), Vitamin K: 37.07µg (35.3%), Selenium: 9.03µg (12.89%), Vitamin E: 0.88mg (5.88%), Manganese: 0.11mg (5.27%), Fiber: 1.14g (4.57%), Vitamin B1: 0.05mg (3.58%), Phosphorus: 34.6mg (3.46%), Iron: 0.59mg (3.3%), Magnesium: 12.85mg (3.21%), Calcium: 20.65mg (2.06%), Potassium: 72.13mg (2.06%), Copper: 0.03mg (1.57%), Vitamin B2: 0.03mg (1.52%), Zinc: 0.2mg (1.35%), Vitamin B6: 0.02mg (1.19%), Vitamin B5: 0.11mg (1.13%), Vitamin A: 54.53IU (1.09%), Vitamin C: 0.89mg (1.08%), Vitamin B3: 0.2mg (1.02%)