



Carolina-Style Mignonette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



15 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup apple cider vinegar
- ☐ 3 tablespoons brown sugar
- ☐ 1 tablespoon dijon mustard coarse-grained
- ☐ 2 teaspoons horseradish
- ☐ 0.3 cup catsup
- ☐ 0.3 tsp pepper dried red crushed
- ☐ 0.5 teaspoon salt
- ☐ 2 shallots minced

Equipment

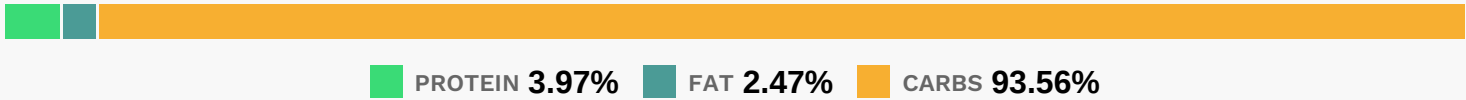
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sauce pan

Directions

- ☐ Bring all ingredients to a boil in a medium-size nonaluminum saucepan over medium heat; reduce heat to low, and simmer, stirring occasionally, 5 minutes.
- ☐ Remove from heat, and let stand 30 minutes. Cover and chill 2 hours before serving. Store in refrigerator up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:6.85, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:0.45782608312109%

Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 14.95kcal (0.75%), Fat: 0.04g (0.06%), Saturated Fat: 0g (0.02%), Carbohydrates: 3.23g (1.08%), Net Carbohydrates: 3.08g (1.12%), Sugar: 2.68g (2.98%), Cholesterol: 0mg (0%), Sodium: 97.51mg (4.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.27%), Manganese: 0.05mg (2.28%)