



Cilantro-Mustard Sauce

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



226 kcal

SAUCE

Ingredients

- 0.3 cup cilantro leaves chopped
- 0.5 cup dijon mustard
- 0.3 cup honey
- 0.3 cup sesame oil

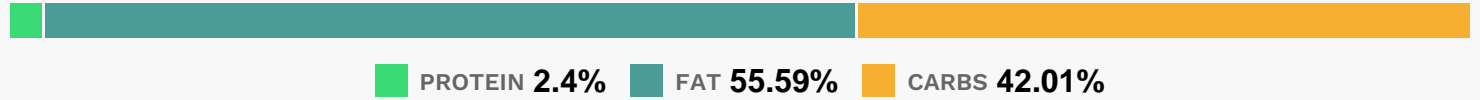
Equipment

- baking sheet
- oven
- whisk

Directions

- Whisk together all ingredients; cover and chill.
- Note: For toasted baguette slices, cut baguette into 1/4-inch slices, and place on a baking sheet.
- Bake at 350 for 3 to 4 minutes on each side or until lightly browned. Cool on wire racks.

Nutrition Facts



Properties

Glycemic Index:29.07, Glycemic Load:12.24, Inflammation Score:-2, Nutrition Score:2.9508695524672%

Flavonoids

Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 225.54kcal (11.28%), Fat: 14.68g (22.59%), Saturated Fat: 2.01g (12.58%), Carbohydrates: 24.96g (8.32%), Net Carbohydrates: 23.54g (8.56%), Sugar: 23.64g (26.27%), Cholesterol: 0mg (0%), Sodium: 343.96mg (14.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.86%), Selenium: 10.82µg (15.45%), Manganese: 0.16mg (7.83%), Fiber: 1.42g (5.69%), Vitamin K: 5.42µg (5.16%), Vitamin B1: 0.06mg (3.97%), Magnesium: 15.77mg (3.94%), Phosphorus: 35.22mg (3.52%), Iron: 0.63mg (3.51%), Calcium: 21.97mg (2.2%), Vitamin E: 0.32mg (2.16%), Vitamin B2: 0.03mg (1.94%), Potassium: 66.59mg (1.9%), Vitamin A: 89.58IU (1.79%), Zinc: 0.27mg (1.78%), Copper: 0.04mg (1.77%), Vitamin B6: 0.03mg (1.49%), Vitamin B5: 0.12mg (1.18%), Vitamin B3: 0.22mg (1.1%)