



Citrus-Caraway Mustard



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



32

CALORIES



27 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup mustard seeds
- ☐ 2 teaspoons caraway seeds
- ☐ 0.5 cup orange marmalade
- ☐ 0.3 cup apple cider vinegar
- ☐ 0.3 cup water
- ☐ 1 teaspoon salt

Equipment

- ☐ food processor

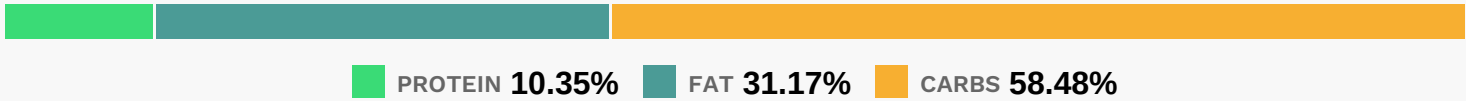
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blender

Directions

- ☐ Place mustard seed and caraway seed in food processor or blender. Cover and process until finely ground.
- ☐ Add remaining ingredients. Cover and process until smooth.
- ☐ Pour mustard into jar. Cover and store in refrigerator up to 2 weeks. Flavors mellow after several days.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.3056521655425%

Nutrients (% of daily need)

Calories: 26.6kcal (1.33%), Fat: 0.98g (1.51%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 4.14g (1.38%), Net Carbohydrates: 3.73g (1.36%), Sugar: 3.19g (3.54%), Cholesterol: 0mg (0%), Sodium: 76.02mg (3.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.46%), Selenium: 5.57µg (7.96%), Manganese: 0.07mg (3.62%), Magnesium: 10.36mg (2.59%), Phosphorus: 23.05mg (2.31%), Fiber: 0.41g (1.63%), Iron: 0.28mg (1.54%), Vitamin B1: 0.02mg (1.47%), Folate: 4.77µg (1.19%), Copper: 0.02mg (1.16%), Zinc: 0.17mg (1.14%), Calcium: 10.06mg (1.01%)