



## Cranberry Mustard

 Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



55 kcal

SIDE DISH

### Ingredients

- 0.3 cup dijon mustard
- 0.1 teaspoon pepper dried red crushed
- 0.5 cup cranberry sauce whole

### Equipment

### Directions

- Stir together all ingredients.

# Nutrition Facts

PROTEIN 6.63% FAT 9.43% CARBS 83.94%

## Properties

Glycemic Index:6.4, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.5939130407313%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

## Nutrients (% of daily need)

Calories: 54.79kcal (2.74%), Fat: 0.61g (0.94%), Saturated Fat: 0.05g (0.28%), Carbohydrates: 12.22g (4.07%), Net Carbohydrates: 11.18g (4.06%), Sugar: 9.14g (10.16%), Cholesterol: 0mg (0%), Sodium: 184.82mg (8.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.93%), Selenium: 5.77µg (8.24%), Manganese: 0.09mg (4.34%), Fiber: 1.04g (4.16%), Vitamin B1: 0.04mg (2.38%), Vitamin E: 0.34mg (2.25%), Magnesium: 8.6mg (2.15%), Iron: 0.39mg (2.15%), Phosphorus: 19.2mg (1.92%), Calcium: 11.46mg (1.15%), Vitamin B2: 0.02mg (1.02%)