



Creamy Mustard Sauce

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



50 kcal

SAUCE

Ingredients

- ☐ 1 teaspoon brown sugar
- ☐ 5 servings salt and pepper to taste
- ☐ 0.5 cup cream sour
- ☐ 2 teaspoons coarse mustard whole

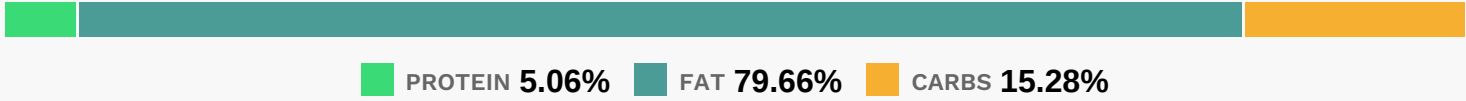
Equipment

- ☐ bowl

Directions

☐ Stir together sour cream, mustard, brown sugar, and salt and pepper to taste in a bowl.

Nutrition Facts



Properties

Glycemic Index:6.4, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.88826087052407%

Nutrients (% of daily need)

Calories: 49.8kcal (2.49%), Fat: 4.53g (6.97%), Saturated Fat: 2.33g (14.55%), Carbohydrates: 1.96g (0.65%), Net Carbohydrates: 1.87g (0.68%), Sugar: 1.59g (1.77%), Cholesterol: 13.57mg (4.52%), Sodium: 223.14mg (9.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.29%), Vitamin A: 144.71IU (2.89%), Calcium: 25.27mg (2.53%), Vitamin B2: 0.04mg (2.35%), Selenium: 1.54µg (2.2%), Phosphorus: 19.67mg (1.97%)