



Creole Mustard Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



99 kcal

SAUCE

Ingredients

- 1 teaspoon cajun spice
- 1 tablespoon cider vinegar
- 0.3 cup dijon mustard
- 0.1 teaspoon ground pepper red
- 8 ounce cup heavy whipping cream sour

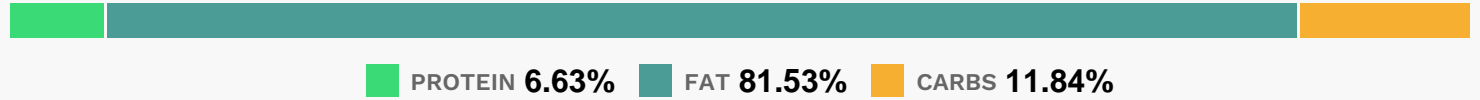
Equipment

Directions

Stir together all ingredients; chill.

Prep: 5 min.

Nutrition Facts



Properties

Glycemic Index:23.8, Glycemic Load:0.07, Inflammation Score:-4, Nutrition Score:2.7891304207885%

Nutrients (% of daily need)

Calories: 99.32kcal (4.97%), Fat: 9.28g (14.28%), Saturated Fat: 4.62g (28.89%), Carbohydrates: 3.03g (1.01%), Net Carbohydrates: 2.34g (0.85%), Sugar: 1.78g (1.98%), Cholesterol: 26.76mg (8.92%), Sodium: 151.45mg (6.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.4%), Vitamin A: 509.25IU (10.18%), Selenium: 5.94µg (8.49%), Calcium: 54.86mg (5.49%), Vitamin B2: 0.09mg (5.28%), Phosphorus: 49.56mg (4.96%), Manganese: 0.07mg (3.59%), Magnesium: 11.45mg (2.86%), Fiber: 0.69g (2.75%), Potassium: 87.69mg (2.51%), Vitamin E: 0.35mg (2.32%), Vitamin B1: 0.03mg (2.27%), Vitamin B5: 0.2mg (2%), Vitamin B6: 0.04mg (1.85%), Iron: 0.32mg (1.8%), Zinc: 0.25mg (1.66%), Vitamin B12: 0.1µg (1.59%), Vitamin K: 1.23µg (1.17%), Copper: 0.02mg (1.03%)