



Curry-Mustard Sauce

READY IN



45 min.

SERVINGS



5

CALORIES



82 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 cup chicken broth
- ☐ 1 teaspoon curry powder
- ☐ 2 teaspoons dijon mustard
- ☐ 2 tablespoons cooking sherry dry
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.8 cup milk

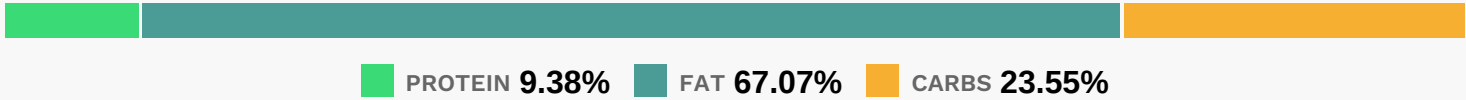
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Melt butter in a small saucepan over medium heat.
- ☐ Whisk in flour, and cook, whisking constantly, 1 minute.
- ☐ Whisk in milk and remaining ingredients, and cook, whisking constantly, 1 to 2 minutes or until thickened.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:2.34, Inflammation Score:-2, Nutrition Score:2.403478268048%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 81.99kcal (4.1%), Fat: 5.88g (9.05%), Saturated Fat: 1.64g (10.24%), Carbohydrates: 4.65g (1.55%), Net Carbohydrates: 4.35g (1.58%), Sugar: 1.97g (2.19%), Cholesterol: 4.86mg (1.62%), Sodium: 176.47mg (7.67%), Alcohol: 0.62g (100%), Alcohol %: 1.02% (100%), Protein: 1.85g (3.7%), Vitamin A: 265.44IU (5.31%), Calcium: 51.8mg (5.18%), Vitamin B2: 0.08mg (4.98%), Phosphorus: 47.07mg (4.71%), Selenium: 2.56µg (3.66%), Vitamin B1: 0.05mg (3.64%), Vitamin B12: 0.21µg (3.47%), Manganese: 0.07mg (3.26%), Vitamin D: 0.4µg (2.68%), Potassium: 78.12mg (2.23%), Magnesium: 8.03mg (2.01%), Vitamin E: 0.3mg (1.99%), Iron: 0.32mg (1.79%), Vitamin B6: 0.03mg (1.66%), Vitamin B5: 0.17mg (1.65%), Folate: 6.36µg (1.59%), Vitamin B3: 0.3mg (1.5%), Zinc: 0.22mg (1.49%), Fiber: 0.3g (1.2%)