



Curry Style Honey Mustard Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon curry powder
- ☐ 3 tablespoons dijon mustard
- ☐ 2 tablespoons honey
- ☐ 0.5 cup cup heavy whipping cream sour

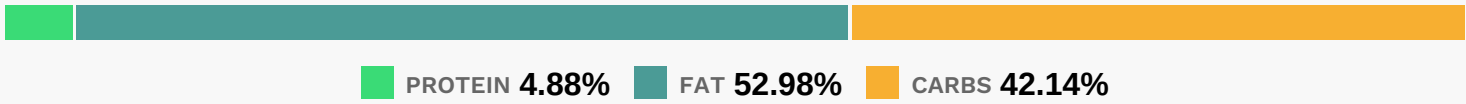
Equipment

- ☐ bowl

Directions

☐ Mix all ingredients into a small bowl until well combined. Use as a dip for corn dogs.

Nutrition Facts



Properties

Glycemic Index:29.76, Glycemic Load:6.07, Inflammation Score:-2, Nutrition Score:2.6204347765964%

Nutrients (% of daily need)

Calories: 128.69kcal (6.43%), Fat: 7.99g (12.29%), Saturated Fat: 3.92g (24.48%), Carbohydrates: 14.3g (4.77%), Net Carbohydrates: 13.52g (4.91%), Sugar: 13.02g (14.47%), Cholesterol: 22.62mg (7.54%), Sodium: 177.62mg (7.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.31%), Selenium: 6.69µg (9.55%), Vitamin A: 252.75IU (5.06%), Calcium: 50.6mg (5.06%), Vitamin B2: 0.08mg (4.74%), Phosphorus: 47.06mg (4.71%), Manganese: 0.09mg (4.61%), Fiber: 0.78g (3.13%), Magnesium: 12.16mg (3.04%), Vitamin B1: 0.04mg (2.46%), Potassium: 82.84mg (2.37%), Iron: 0.42mg (2.35%), Vitamin B5: 0.18mg (1.83%), Vitamin E: 0.27mg (1.81%), Zinc: 0.27mg (1.78%), Vitamin B6: 0.03mg (1.66%), Vitamin B12: 0.08µg (1.34%), Copper: 0.03mg (1.29%), Vitamin K: 1.13µg (1.08%), Folate: 4.14µg (1.04%)