



Do-It-Yourself Homemade Mustard



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



250 min.

SERVINGS



8

CALORIES



72 kcal

SIDE DISH

Ingredients



2 teaspoons kosher salt



3 tablespoons ground mustard dry



0.5 cup mustard seeds



0.7 cup water



0.8 cup citrus champagne vinegar

Equipment



bowl



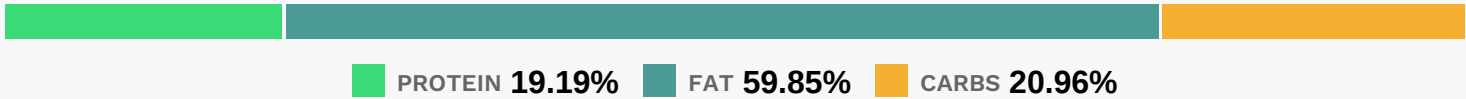
blender

☐ plastic wrap

Directions

- ☐ Blend water, mustard seeds, and mustard powder in a blender until seeds are coarsely ground; transfer to a non-reactive bowl, cover with plastic wrap, and let rest at room temperature until thickened, 4 hours to overnight.
- ☐ Stir vinegar and salt into the mustard seed mixture.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:6.0173912313969%

Nutrients (% of daily need)

Calories: 71.57kcal (3.58%), Fat: 4.8g (7.39%), Saturated Fat: 0.26g (1.65%), Carbohydrates: 3.78g (1.26%), Net Carbohydrates: 2.17g (0.79%), Sugar: 0.9g (1%), Cholesterol: 0mg (0%), Sodium: 585.87mg (25.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.93%), Selenium: 27.57µg (39.39%), Manganese: 0.34mg (16.81%), Magnesium: 50.13mg (12.53%), Phosphorus: 111.5mg (11.15%), Iron: 1.33mg (7.37%), Vitamin B1: 0.11mg (7.11%), Fiber: 1.62g (6.47%), Zinc: 0.82mg (5.44%), Folate: 21.47µg (5.37%), Copper: 0.09mg (4.57%), Vitamin E: 0.67mg (4.48%), Calcium: 37.54mg (3.75%), Vitamin B3: 0.63mg (3.14%), Potassium: 106.64mg (3.05%), Vitamin B6: 0.05mg (2.63%), Vitamin B2: 0.03mg (2.03%), Vitamin C: 1.05mg (1.28%), Vitamin B5: 0.11mg (1.07%)