



Ginger-Honey Mustard



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



64

CALORIES



7 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

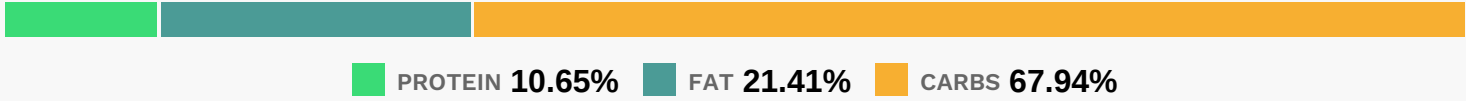
- ☐ 1 cup dijon mustard
- ☐ 1.5 tablespoons mustard dry
- ☐ 1.5 tablespoons ginger fresh minced peeled
- ☐ 0.3 cup honey
- ☐ 0.1 teaspoon pepper sauce hot (such as Tabasco)

Equipment

Directions

☐ Combine all ingredients. Refrigerate in an airtight container for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:1.55, Glycemic Load:0.59, Inflammation Score:-1, Nutrition Score:0.37913043878001%

Nutrients (% of daily need)

Calories: 7.36kcal (0.37%), Fat: 0.19g (0.3%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 1.37g (0.46%), Net Carbohydrates: 1.18g (0.43%), Sugar: 1.16g (1.28%), Cholesterol: 0mg (0%), Sodium: 43.1mg (1.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.43%), Selenium: 1.68µg (2.39%), Manganese: 0.02mg (1.08%)