



Henry Bain Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



1491 kcal

SAUCE

Ingredients

- ☐ 18 ounce apple preserves
- ☐ 0.6 cup ground mustard dry
- ☐ 4 ounce horseradish prepared
- ☐ 18 ounce orange marmalade
- ☐ 18 ounce peach preserves
- ☐ 18 ounce pineapple preserves

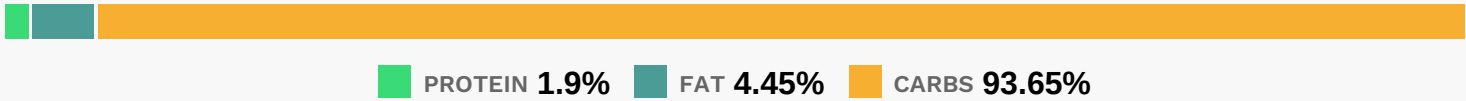
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl, thoroughly blend peach preserves, orange marmalade, apple preserves, pineapple preserves, ground dry mustard and prepared horseradish.
- ☐ Transfer the mixture to sterile containers, and chill in the refrigerator until serving.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:143.51, Inflammation Score:-5, Nutrition Score:19.262608719909%

Nutrients (% of daily need)

Calories: 1490.61kcal (74.53%), Fat: 7.54g (11.6%), Saturated Fat: 0.45g (2.83%), Carbohydrates: 356.96g (118.99%), Net Carbohydrates: 348.54g (126.74%), Sugar: 265.75g (295.28%), Cholesterol: 0mg (0%), Sodium: 315.52mg (13.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.23g (14.45%), Selenium: 49.86µg (71.23%), Vitamin C: 48.25mg (58.48%), Manganese: 0.69mg (34.62%), Fiber: 8.42g (33.69%), Copper: 0.64mg (32%), Folate: 101.38µg (25.35%), Phosphorus: 248.33mg (24.83%), Magnesium: 97.78mg (24.45%), Vitamin B2: 0.38mg (22.38%), Iron: 3.98mg (22.14%), Calcium: 192.85mg (19.29%), Potassium: 555.78mg (15.88%), Vitamin B1: 0.23mg (15.14%), Zinc: 1.7mg (11.36%), Vitamin E: 1.53mg (10.19%), Vitamin B6: 0.2mg (9.95%), Vitamin B3: 1.24mg (6.19%), Vitamin B5: 0.28mg (2.8%), Vitamin A: 85.72IU (1.71%), Vitamin K: 1.42µg (1.36%)