



Hirsheimer's Hot & Sweet Mustard



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



216 kcal

SIDE DISH

Ingredients

- ☐ 1 cup apple cider vinegar
- ☐ 3 large eggs beaten to blend
- ☐ 0.3 cup honey
- ☐ 0.8 cup brown sugar light packed ()
- ☐ 4 ounce ground mustard canned tinned

Equipment

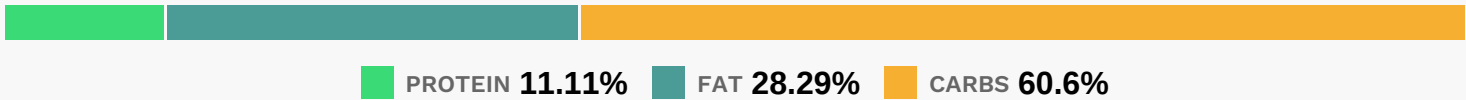
- ☐ bowl
- ☐ sauce pan

- ☐ whisk
- ☐ sieve

Directions

- ☐ Whisk brown sugar and mustard powder in a large bowl to combine.
- ☐ Add vinegar and honey; whisk well. Strain through a fine-mesh sieve into a large metal bowl.
- ☐ Add eggs and whisk until blended.
- ☐ Set bowl with mustard mixture over a large saucepan of gently simmering water (do not allow bottom of bowl to touch water; eggs may scramble). Cook, whisking and scraping bottom of bowl frequently, until mustard is thick and an instant-read thermometer registers 160°F, about 5 minutes.
- ☐ Divide mustard among jars. Screw on lids and chill. DO AHEAD: Mustard can be made 2 weeks ahead. Keep refrigerated for up to 2 months.

Nutrition Facts



Properties

Glycemic Index: 11.53, Glycemic Load: 4.66, Inflammation Score: -3, Nutrition Score: 8.6521739752396%

Nutrients (% of daily need)

Calories: 215.67kcal (10.78%), Fat: 6.92g (10.65%), Saturated Fat: 0.87g (5.43%), Carbohydrates: 33.36g (11.12%), Net Carbohydrates: 31.61g (11.49%), Sugar: 29.86g (33.17%), Cholesterol: 69.75mg (23.25%), Sodium: 36.16mg (1.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.23%), Selenium: 35.62µg (50.88%), Manganese: 0.45mg (22.42%), Phosphorus: 158.13mg (15.81%), Magnesium: 58.26mg (14.56%), Iron: 1.88mg (10.47%), Vitamin B1: 0.12mg (8.11%), Folate: 32.19µg (8.05%), Zinc: 1.15mg (7.63%), Vitamin B2: 0.13mg (7.45%), Fiber: 1.75g (7%), Calcium: 68.05mg (6.81%), Vitamin E: 0.92mg (6.1%), Copper: 0.12mg (6.04%), Potassium: 185.23mg (5.29%), Vitamin B6: 0.1mg (4.96%), Vitamin B5: 0.44mg (4.37%), Vitamin B3: 0.72mg (3.6%), Vitamin B12: 0.17µg (2.78%), Vitamin D: 0.38µg (2.5%), Vitamin A: 105.64IU (2.11%), Vitamin C: 1.06mg (1.28%)