



Homemade Hot Mustard

 Vegetarian  Gluten Free  Dairy Free

READY IN



800 min.

SERVINGS



20

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup apple cider vinegar
- 1 cup mustard dry
- 3 large pasteurized eggs lightly beaten
- 1 cup sugar

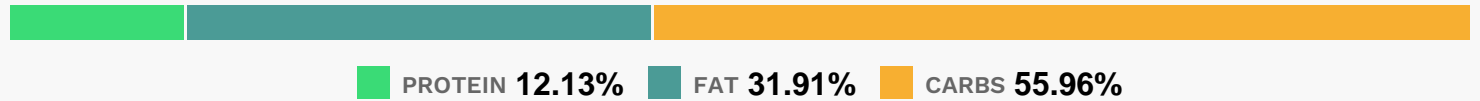
Equipment

- whisk
- double boiler

Directions

- Stir together first 2 ingredients in top of a double boiler. Cover and let stand 12 to 24 hours.
- Pour water to depth of 1 inch into bottom of a double boiler over medium-high heat; bring to a boil. Reduce heat to low, and simmer; place top of double boiler over simmering water.
- Whisk sugar and eggs into mustard mixture, and cook, whisking constantly, 8 to 10 minutes or until thickened.
- Remove from heat, and cool completely (about 1 hour). (
- Mixture will continue to thicken as it cools.) Refrigerate in an airtight container up to 2 weeks.
- Note: We tested with Colman's Mustard Powder.

Nutrition Facts



Properties

Glycemic Index:5.5, Glycemic Load:7.03, Inflammation Score:-2, Nutrition Score:3.5873912948629%

Nutrients (% of daily need)

Calories: 83.48kcal (4.17%), Fat: 3.01g (4.63%), Saturated Fat: 0.36g (2.24%), Carbohydrates: 11.88g (3.96%), Net Carbohydrates: 11.12g (4.04%), Sugar: 10.48g (11.64%), Cholesterol: 27.9mg (9.3%), Sodium: 12.16mg (0.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.15%), Selenium: 15.38µg (21.97%), Manganese: 0.19mg (9.26%), Phosphorus: 67.56mg (6.76%), Magnesium: 24.62mg (6.16%), Iron: 0.74mg (4.09%), Vitamin B1: 0.05mg (3.55%), Folate: 13.65µg (3.41%), Zinc: 0.48mg (3.22%), Vitamin B2: 0.05mg (3.09%), Fiber: 0.76g (3.05%), Vitamin E: 0.4mg (2.64%), Copper: 0.05mg (2.37%), Calcium: 21.76mg (2.18%), Vitamin B6: 0.04mg (1.88%), Potassium: 65.4mg (1.87%), Vitamin B5: 0.17mg (1.66%), Vitamin B3: 0.3mg (1.51%), Vitamin B12: 0.07µg (1.11%)