



## Honey-Mustard Cream

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



303 kcal

SIDE DISH

### Ingredients

- 2 tablespoons mustard dry
- 0.3 oz gelatin powder unflavored
- 0.7 cup honey
- 1 slices cranberry-orange relish thin
- 1 teaspoon orange peel grated
- 1.5 cups nonfat yogurt plain
- 1 teaspoon vanilla
- 1 cup whipping cream

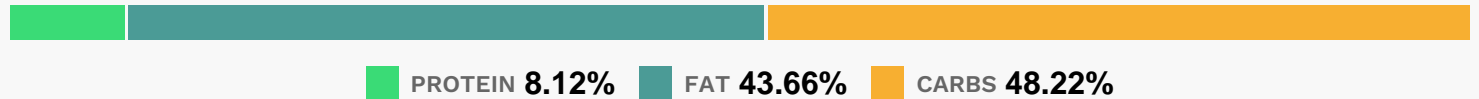
# Equipment

- frying pan
- whisk

# Directions

- In a 1 1/2- to 2-quart pan, mix gelatin and mustard. Stir in 1/2 cup cold water and the grated orange peel.
- Let stand about 5 minutes, then stir over high heat until boiling, about 2 minutes.
- Remove from heat.
- Whisk in honey, yogurt, cream, and vanilla until smooth.
- Pour mixture equally into 6 custard cups or souffl dishes (6-oz. size). Chill until firm, about 3 hours.
- Garnish desserts with orange slices and serve; or cover airtight and chill up to 1 day, then garnish.

# Nutrition Facts



# Properties

Glycemic Index:15.8, Glycemic Load:16.28, Inflammation Score:-4, Nutrition Score:6.0073912921159%

# Flavonoids

Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

# Nutrients (% of daily need)

Calories: 302.82kcal (15.14%), Fat: 15.28g (23.51%), Saturated Fat: 9.24g (57.76%), Carbohydrates: 37.97g (12.66%), Net Carbohydrates: 37.51g (13.64%), Sugar: 37.25g (41.39%), Cholesterol: 46.05mg (15.35%), Sodium: 62.07mg (2.7%), Alcohol: 0.23g (100%), Alcohol %: 0.2% (100%), Protein: 6.4g (12.79%), Calcium: 158.73mg (15.87%), Vitamin B2: 0.24mg (14.29%), Phosphorus: 140.89mg (14.09%), Selenium: 9.03µg (12.91%), Vitamin A: 594.76IU (11.9%), Vitamin B12: 0.44µg (7.28%), Potassium: 236.78mg (6.77%), Zinc: 0.92mg (6.13%), Magnesium: 24.45mg (6.11%), Vitamin B5: 0.55mg (5.47%), Manganese: 0.09mg (4.7%), Vitamin D: 0.63µg (4.23%), Vitamin B1: 0.06mg (3.93%),

Folate: 14.62µg (3.66%), Copper: 0.07mg (3.48%), Vitamin C: 2.84mg (3.44%), Vitamin B6: 0.07mg (3.34%), Vitamin E: 0.49mg (3.26%), Iron: 0.49mg (2.7%), Fiber: 0.45g (1.81%), Vitamin K: 1.52µg (1.45%), Vitamin B3: 0.27mg (1.35%)