



Honey Mustard Sauce

 Vegetarian  Gluten Free  Dairy Free  Popular

READY IN



130 min.

SERVINGS



9

CALORIES



315 kcal

SAUCE

Ingredients

- 0.5 cup honey
- 1.5 cups mayonnaise
- 0.3 cup mustard dijon-style prepared

Equipment

- bowl

Directions

In a medium bowl, blend the mayonnaise, Dijon-style mustard and honey. Chill in the refrigerator at least 2 hours before serving.

Nutrition Facts

PROTEIN 0.88% **FAT 79.03%** **CARBS 20.09%**

Properties

Glycemic Index:14.92, Glycemic Load:8.22, Inflammation Score:-1, Nutrition Score:3.8817390942055%

Nutrients (% of daily need)

Calories: 315.34kcal (15.77%), Fat: 28.16g (43.32%), Saturated Fat: 4.39g (27.41%), Carbohydrates: 16.1g (5.37%), Net Carbohydrates: 15.76g (5.73%), Sugar: 15.77g (17.53%), Cholesterol: 15.68mg (5.23%), Sodium: 313.9mg (13.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.42%), Vitamin K: 60.96µg (58.05%), Vitamin E: 1.25mg (8.32%), Selenium: 3.36µg (4.8%), Manganese: 0.05mg (2.33%), Phosphorus: 16.06mg (1.61%), Iron: 0.27mg (1.49%), Fiber: 0.34g (1.34%), Vitamin B1: 0.02mg (1.12%), Vitamin B2: 0.02mg (1.11%), Magnesium: 4.07mg (1.02%)