

Honey Mustard Sauce



Vegetarian



Dairy Free

READY IN



5 min.

SERVINGS



3

CALORIES



306 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons dijon mustard
- ☐ 2 tablespoons honey
- ☐ 0.5 cup mayonnaise
- ☐ 3 servings try build-a-meal

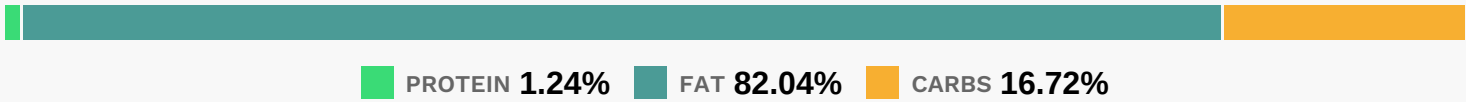
Equipment

Directions

☐

Stir together all ingredients.

Nutrition Facts



Properties

Glycemic Index:44.76, Glycemic Load:6.15, Inflammation Score:-1, Nutrition Score:4.4478261418965%

Nutrients (% of daily need)

Calories: 305.77kcal (15.29%), Fat: 28.29g (43.52%), Saturated Fat: 4.4g (27.48%), Carbohydrates: 12.97g (4.32%), Net Carbohydrates: 12.28g (4.47%), Sugar: 11.86g (13.18%), Cholesterol: 15.68mg (5.23%), Sodium: 347.64mg (15.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.93%), Vitamin K: 61.06µg (58.15%), Vitamin E: 1.27mg (8.49%), Selenium: 4.88µg (6.97%), Manganese: 0.12mg (6.13%), Fiber: 0.68g (2.74%), Phosphorus: 25.52mg (2.55%), Iron: 0.36mg (2%), Magnesium: 7.93mg (1.98%), Vitamin B1: 0.03mg (1.71%), Zinc: 0.21mg (1.38%), Copper: 0.03mg (1.33%), Vitamin B2: 0.02mg (1.29%), Vitamin B5: 0.12mg (1.19%), Calcium: 10.69mg (1.07%), Potassium: 37.05mg (1.06%)