



## Honey Mustard Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



182 kcal

SAUCE

### Ingredients

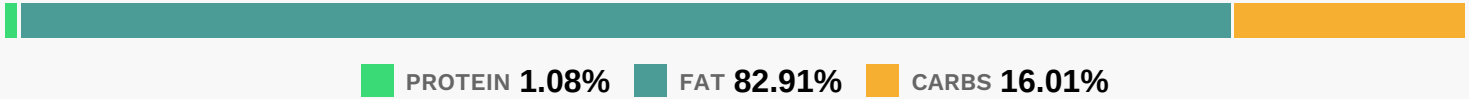
- ☐ 2 tablespoons dijon mustard
- ☐ 2 tablespoons honey
- ☐ 0.5 cup mayonnaise

### Equipment

### Directions

- ☐ Stir together all ingredients.

# Nutrition Facts



## Properties

Glycemic Index:26.85, Glycemic Load:3.69, Inflammation Score:-1, Nutrition Score:2.4413043733524%

## Nutrients (% of daily need)

Calories: 181.52kcal (9.08%), Fat: 16.96g (26.09%), Saturated Fat: 2.64g (16.47%), Carbohydrates: 7.37g (2.46%), Net Carbohydrates: 7.09g (2.58%), Sugar: 7.11g (7.9%), Cholesterol: 9.41mg (3.14%), Sodium: 208.58mg (9.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.5g (0.99%), Vitamin K: 36.6µg (34.86%), Vitamin E: 0.76mg (5.04%), Selenium: 2.62µg (3.75%), Manganese: 0.03mg (1.67%), Phosphorus: 11.52mg (1.15%), Fiber: 0.27g (1.1%)