



Horseradish-Honey Mustard Drizzle



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



111 kcal

SIDE DISH

Ingredients



0.5 cup honey



3 tablespoons horseradish prepared



2 tablespoons mustard coarse-grained

Equipment

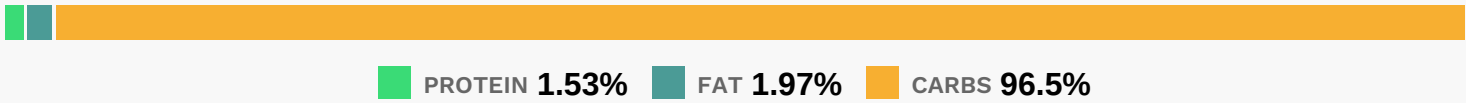


sauce pan

Directions

Cook honey, horseradish, and mustard in a small saucepan over medium heat, stirring often, 2 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:23.85, Glycemic Load:14.84, Inflammation Score:-1, Nutrition Score:1.1773913120446%

Nutrients (% of daily need)

Calories: 111.04kcal (5.55%), Fat: 0.26g (0.41%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 29.27g (9.76%), Net Carbohydrates: 28.65g (10.42%), Sugar: 28.64g (31.82%), Cholesterol: 0mg (0%), Sodium: 105.16mg (4.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.93%), Selenium: 2.56µg (3.66%), Manganese: 0.06mg (3.17%), Vitamin C: 2.43mg (2.95%), Fiber: 0.62g (2.49%), Folate: 6.23µg (1.56%), Iron: 0.28mg (1.53%), Magnesium: 5.99mg (1.5%), Potassium: 48.77mg (1.39%), Zinc: 0.19mg (1.25%), Vitamin B2: 0.02mg (1.12%), Calcium: 10.85mg (1.09%), Copper: 0.02mg (1.09%), Phosphorus: 10.63mg (1.06%)