



Hot Mustard



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



36 kcal

SIDE DISH

Ingredients



3 tablespoons ground mustard such as colman's hot



3 tablespoons water cold

Equipment



bowl

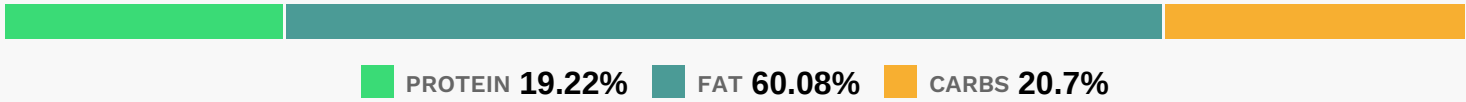


whisk

Directions

- ☐
- In a small bowl, whisk together mustard powder and water until completely combined.
- ☐
- Let rest for 15 minutes; use immediately.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:3.1291304091397%

Nutrients (% of daily need)

Calories: 35.56kcal (1.78%), Fat: 2.54g (3.9%), Saturated Fat: 0.14g (0.87%), Carbohydrates: 1.97g (0.66%), Net Carbohydrates: 1.11g (0.4%), Sugar: 0.48g (0.53%), Cholesterol: 0mg (0%), Sodium: 1.66mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.65%), Selenium: 14.57µg (20.81%), Manganese: 0.17mg (8.57%), Magnesium: 26.05mg (6.51%), Phosphorus: 57.96mg (5.8%), Vitamin B1: 0.06mg (3.76%), Iron: 0.64mg (3.58%), Fiber: 0.85g (3.42%), Zinc: 0.43mg (2.85%), Folate: 11.34µg (2.84%), Copper: 0.05mg (2.38%), Vitamin E: 0.35mg (2.37%), Calcium: 19.07mg (1.91%), Vitamin B3: 0.33mg (1.66%), Potassium: 51.66mg (1.48%), Vitamin B6: 0.03mg (1.39%), Vitamin B2: 0.02mg (1.07%)