



68%

HEALTH SCORE

House Dijon Mustard



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



7230 min.

SERVINGS



8

CALORIES



250 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 tablespoons cane sugar raw
- 0.7 cup champagne vinegar
- 1.5 tablespoons garlic powder organic
- 0.3 teaspoon xanthan powder organic
- 8 servings salt
- 0.7 cup white wine
- 2 cups mustard seeds yellow organic

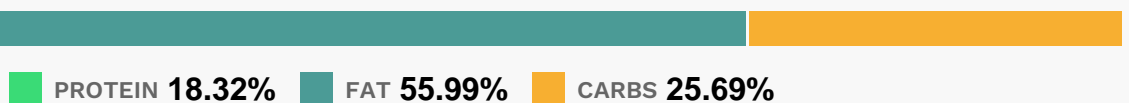
Equipment

- bowl
- sieve
- blender

Directions

- Watch how to make this recipe.
- Put the mustard seeds in a sealable container and fill with filtered water 2 inches above the mustard seeds.
- Let the seeds soak and plump in the refrigerator for at least 3 days.
- Strain the liquid off and rinse under cold water in a mesh strainer. The seeds will have a fish egg texture; this is exactly what you want.
- Mix the mustard seeds, vinegar, wine, 2 1/2 tablespoons salt, the garlic powder and sugar together in a large bowl. Use a blender to blend the mustard, but only about a cup at a time for about 20 to 30 seconds each time (in order to get a good puree as well as save your blender motor). This first puree will not get the seeds broken down much, and the result will be a coarse-ground mustard that will need to sit another day to soak. Blend the mustard again the next day, and let it sit again for another day. On the third blend, you should find it is ready to use, although you can blend as many times as you want to get the texture you desire. For the adventurous, add the xanthan powder if desired to increase the textural balance. Taste and adjust the salt as needed to balance the vinegar.
- Use on your favorite sausage, or to make a wonderful vinaigrette.

Nutrition Facts



Properties

Glycemic Index:11.26, Glycemic Load:1.7, Inflammation Score:-7, Nutrition Score:18.344347798306%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 250.02kcal (12.5%), Fat: 15.42g (23.72%), Saturated Fat: 0.85g (5.31%), Carbohydrates: 15.92g (5.31%), Net Carbohydrates: 10.52g (3.83%), Sugar: 5.36g (5.96%), Cholesterol: 0mg (0%), Sodium: 205.54mg (8.94%), Alcohol: 2.06g (100%), Alcohol %: 3.01% (100%), Protein: 11.35g (22.71%), Selenium: 88.83µg (126.91%), Manganese: 1.09mg (54.41%), Magnesium: 161.21mg (40.3%), Phosphorus: 363.55mg (36.36%), Vitamin B1: 0.35mg (23.31%), Iron: 4.15mg (23.03%), Fiber: 5.39g (21.57%), Zinc: 2.66mg (17.73%), Folate: 69.75µg (17.44%), Vitamin E: 2.16mg (14.43%), Copper: 0.29mg (14.26%), Calcium: 117.37mg (11.74%), Vitamin B3: 2.05mg (10.23%), Vitamin B6: 0.2mg (10.18%), Potassium: 353.9mg (10.11%), Vitamin B2: 0.12mg (6.85%), Vitamin C: 3.14mg (3.8%), Vitamin B5: 0.36mg (3.64%), Vitamin K: 2.38µg (2.27%)