



Jezebel Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



770 kcal

SAUCE

Ingredients

- ☐ 18 ounce apple jelly
- ☐ 1.1 ounce mustard dry canned
- ☐ 1 tablespoon coarsely ground pepper black
- ☐ 5 ounce horseradish prepared
- ☐ 18 ounce pineapple preserves

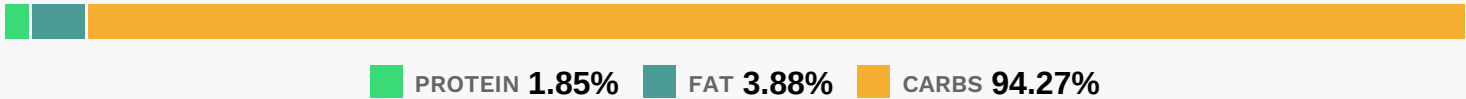
Equipment

- ☐ mixing bowl

Directions

- ☐ Combine horseradish and mustard in a medium mixing bowl, and stir well.
- ☐ Add remaining ingredients, stirring well. Cover and refrigerate.
- ☐ Serve cold with sliced ham or pork, or on sandwiches.

Nutrition Facts



Properties

Glycemic Index:44.25, Glycemic Load:96.32, Inflammation Score:-3, Nutrition Score:11.118695704185%

Nutrients (% of daily need)

Calories: 770.4kcal (38.52%), Fat: 3.35g (5.15%), Saturated Fat: 0.24g (1.48%), Carbohydrates: 182.99g (61%), Net Carbohydrates: 177.66g (64.61%), Sugar: 127.13g (141.25%), Cholesterol: 0mg (0%), Sodium: 231.81mg (10.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.18%), Vitamin C: 31.84mg (38.59%), Selenium: 22.69µg (32.41%), Manganese: 0.53mg (26.62%), Fiber: 5.32g (21.3%), Copper: 0.35mg (17.34%), Folate: 61.38µg (15.34%), Vitamin B2: 0.23mg (13.28%), Magnesium: 51.71mg (12.93%), Phosphorus: 127.56mg (12.76%), Iron: 2.28mg (12.64%), Potassium: 362.15mg (10.35%), Calcium: 98.63mg (9.86%), Vitamin B1: 0.11mg (7.28%), Zinc: 0.95mg (6.32%), Vitamin B6: 0.11mg (5.64%), Vitamin E: 0.73mg (4.85%), Vitamin K: 3.34µg (3.19%), Vitamin B3: 0.62mg (3.11%), Vitamin B5: 0.17mg (1.69%)