

Jezebel Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



495 min.

SERVINGS



3

CALORIES



575 kcal

SAUCE

Ingredients

- ☐ 10 ounce apple jelly
- ☐ 1 tablespoon ground mustard dry
- ☐ 8 ounce horseradish prepared
- ☐ 1 teaspoon cracked pepper black
- ☐ 10 ounce pineapple fruit preserves

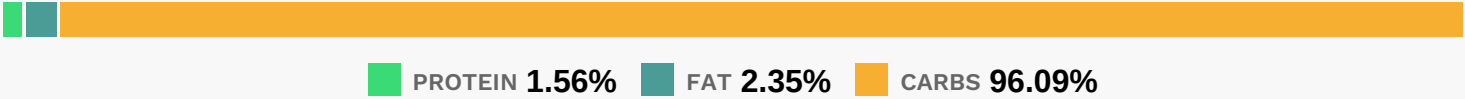
Equipment

- ☐ bowl

Directions

☐ In a small bowl, mix together apple jelly, pineapple fruit preserves, prepared horseradish, ground dry mustard and cracked black pepper. Cover and refrigerate 8 hours, or overnight, before serving.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:72.68, Inflammation Score:-3, Nutrition Score:8.7973913521222%

Nutrients (% of daily need)

Calories: 575.23kcal (28.76%), Fat: 1.52g (2.34%), Saturated Fat: 0.14g (0.89%), Carbohydrates: 139.84g (46.61%), Net Carbohydrates: 134.82g (49.02%), Sugar: 97.87g (108.74%), Cholesterol: 0mg (0%), Sodium: 378.43mg (16.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.54%), Vitamin C: 35.62mg (43.18%), Fiber: 5.03g (20.11%), Folate: 67.77µg (16.94%), Manganese: 0.31mg (15.65%), Selenium: 10.78µg (15.41%), Copper: 0.26mg (12.84%), Potassium: 357.58mg (10.22%), Vitamin B2: 0.17mg (9.95%), Magnesium: 37.74mg (9.44%), Calcium: 89.29mg (8.93%), Iron: 1.52mg (8.46%), Phosphorus: 79.72mg (7.97%), Zinc: 0.89mg (5.94%), Vitamin B6: 0.1mg (5.21%), Vitamin B1: 0.06mg (3.72%), Vitamin E: 0.36mg (2.4%), Vitamin B3: 0.48mg (2.39%), Vitamin K: 2.2µg (2.1%), Vitamin B5: 0.14mg (1.36%)