



Maui Mustard Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



136 kcal

SAUCE

Ingredients



0.3 cup apricot preserves



0.3 cup pineapple preserves



0.3 cup dijon mustard stone-ground

Equipment

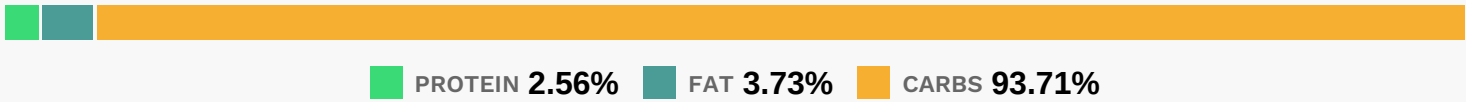


bowl

Directions

Stir together all ingredients in a small bowl. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:10.62, Inflammation Score:-1, Nutrition Score:2.0395652224188%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 135.97kcal (6.8%), Fat: 0.59g (0.9%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 33.04g (11.01%), Net Carbohydrates: 32g (11.64%), Sugar: 22.52g (25.02%), Cholesterol: 0mg (0%), Sodium: 188.14mg (8.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.81%), Selenium: 6.25µg (8.93%), Vitamin C: 4.29mg (5.2%), Manganese: 0.08mg (4.21%), Fiber: 1.04g (4.16%), Copper: 0.06mg (2.98%), Iron: 0.48mg (2.68%), Magnesium: 9.39mg (2.35%), Phosphorus: 22.78mg (2.28%), Vitamin B1: 0.03mg (2.26%), Vitamin B2: 0.04mg (2.13%), Calcium: 19.41mg (1.94%), Potassium: 60.34mg (1.72%), Folate: 4.4µg (1.1%), Vitamin A: 51.47IU (1.03%), Vitamin B6: 0.02mg (1.02%)