



Miso Mustard Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



48 kcal

SAUCE

Ingredients

- 1 tablespoon dijon mustard
- 1 cup yogurt plain fat-free
- 0.3 cup miso (soybean paste)
- 1 tablespoon wasabi powder dried (Japanese horseradish)

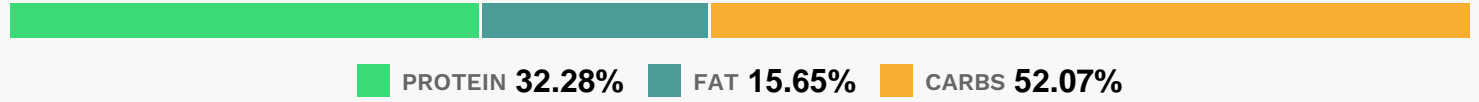
Equipment

- bowl

Directions

- Combine all ingredients in a small bowl, and stir.
- Serve sauce with the Coriander-Rubbed Tenderloin Crostini.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:1.41, Inflammation Score:-1, Nutrition Score:3.2695652197884%

Nutrients (% of daily need)

Calories: 47.99kcal (2.4%), Fat: 0.85g (1.31%), Saturated Fat: 0.17g (1.07%), Carbohydrates: 6.38g (2.13%), Net Carbohydrates: 5.58g (2.03%), Sugar: 3.88g (4.31%), Cholesterol: 0.82mg (0.27%), Sodium: 486.48mg (21.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.91%), Calcium: 90.43mg (9.04%), Phosphorus: 85.69mg (8.57%), Vitamin B2: 0.12mg (7.34%), Manganese: 0.11mg (5.71%), Zinc: 0.72mg (4.79%), Selenium: 3.12µg (4.46%), Vitamin B12: 0.26µg (4.3%), Potassium: 136.67mg (3.9%), Magnesium: 15.03mg (3.76%), Vitamin K: 3.48µg (3.31%), Fiber: 0.79g (3.16%), Vitamin B5: 0.31mg (3.1%), Copper: 0.06mg (2.87%), Vitamin B1: 0.04mg (2.44%), Vitamin B6: 0.05mg (2.42%), Iron: 0.37mg (2.06%), Folate: 7.4µg (1.85%)