



Mustard Caviar



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



79 kcal

SIDE DISH

Ingredients

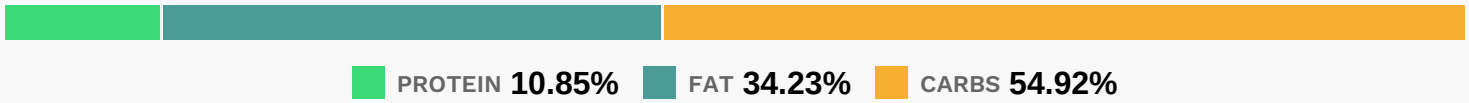
- ☐ 0.3 cup apple cider vinegar
- ☐ 0.3 cup brown mustard seeds
- ☐ 0.5 tablespoon kosher salt
- ☐ 0.5 cup rice vinegar
- ☐ 0.3 cup sugar
- ☐ 0.3 cup mustard seeds yellow

Equipment

Directions

- ☐ In a small saucepan, bring 1/2 cup rice vinegar, 1/4 cup brown mustard seeds, 1/4 cup yellow mustard seeds, 1/4 cup apple cider vinegar, 1/4 cup sugar, 1/2 teaspoon kosher salt, and 3/4 cup water to a boil over medium-high heat. Reduce heat to low and simmer, stirring often and adding water by tablespoons if mixture is too dry, until mustard seeds are still firm and intact but pop like caviar when bitten into, 45–50 minutes.
- ☐ Remove saucepan from heat and let mustard mixture cool completely.
- ☐ Transfer to an airtight container and refrigerate. Keep chilled in the fridge for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index: 26.68, Glycemic Load: 5.86, Inflammation Score: -2, Nutrition Score: 3.7513043888561%

Nutrients (% of daily need)

Calories: 79.06kcal (3.95%), Fat: 2.96g (4.55%), Saturated Fat: 0.16g (1%), Carbohydrates: 10.67g (3.56%), Net Carbohydrates: 9.69g (3.52%), Sugar: 8.91g (9.9%), Cholesterol: 0mg (0%), Sodium: 583.43mg (25.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.22%), Selenium: 16.99µg (24.27%), Manganese: 0.24mg (11.81%), Magnesium: 30.63mg (7.66%), Phosphorus: 68.58mg (6.86%), Vitamin B1: 0.07mg (4.34%), Iron: 0.78mg (4.33%), Fiber: 0.99g (3.94%), Zinc: 0.5mg (3.33%), Folate: 13.1µg (3.27%), Copper: 0.06mg (2.76%), Vitamin E: 0.41mg (2.73%), Calcium: 23.92mg (2.39%), Potassium: 67.64mg (1.93%), Vitamin B3: 0.38mg (1.91%), Vitamin B6: 0.03mg (1.6%), Vitamin B2: 0.02mg (1.33%)