



Mustard Curry Sauce

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



73 kcal

SAUCE

Ingredients

- 0.5 teaspoon curry powder
- 2 tablespoons mayonnaise light
- 2 tablespoons water to taste (less water, depending on how runny you want the sauce to be curry is)
- 1 teaspoon mustard yellow

Equipment

Nutrition Facts



■ PROTEIN 2.39% ■ FAT 79.12% ■ CARBS 18.49%

Properties

Glycemic Index:37, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.88%

Nutrients (% of daily need)

Calories: 72.94kcal (3.65%), Fat: 6.52g (10.04%), Saturated Fat: 1g (6.26%), Carbohydrates: 3.43g (1.14%), Net Carbohydrates: 2.88g (1.05%), Sugar: 1.1g (1.22%), Cholesterol: 4.48mg (1.49%), Sodium: 288.58mg (12.55%), Protein: 0.44g (0.89%), Vitamin K: 16.11µg (15.34%), Vitamin E: 0.85mg (5.67%), Selenium: 2.6µg (3.71%), Manganese: 0.07mg (3.29%), Iron: 0.41mg (2.3%), Fiber: 0.55g (2.19%), Magnesium: 5.8mg (1.45%), Phosphorus: 13.09mg (1.31%), Copper: 0.02mg (1.1%), Calcium: 10.51mg (1.05%)