

Mustard Pork Garnish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



63 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons apple cider vinegar
- ☐ 1 tablespoon cayenne pepper
- ☐ 0.3 cup mustard yellow prepared

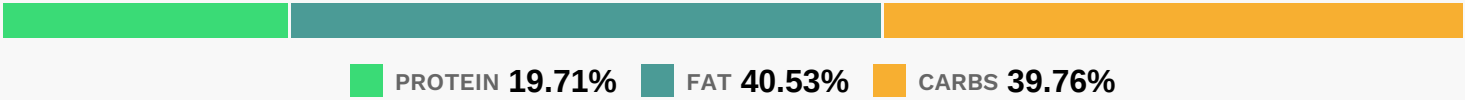
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk mustard and cider vinegar together in a small bowl.
- ☐ Add cayenne pepper and whisk to combine.

Nutrition Facts



Properties

Glycemic Index:104, Glycemic Load:0.84, Inflammation Score:-9, Nutrition Score:9.123913117077%

Nutrients (% of daily need)

Calories: 63.32kcal (3.17%), Fat: 2.97g (4.57%), Saturated Fat: 0.32g (2%), Carbohydrates: 6.55g (2.18%), Net Carbohydrates: 2.51g (0.91%), Sugar: 1.58g (1.76%), Cholesterol: 0mg (0%), Sodium: 688.5mg (29.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.49%), Vitamin A: 2124.7IU (42.49%), Selenium: 21.65µg (30.93%), Manganese: 0.47mg (23.58%), Fiber: 4.04g (16.15%), Vitamin E: 1.71mg (11.4%), Magnesium: 39.73mg (9.93%), Vitamin B1: 0.13mg (8.94%), Phosphorus: 85.48mg (8.55%), Vitamin B6: 0.17mg (8.27%), Iron: 1.47mg (8.17%), Potassium: 226.93mg (6.48%), Vitamin B2: 0.09mg (5.12%), Calcium: 49.77mg (4.98%), Vitamin C: 4.07mg (4.93%), Vitamin K: 4.95µg (4.71%), Vitamin B3: 0.78mg (3.92%), Zinc: 0.54mg (3.6%), Copper: 0.07mg (3.42%), Folate: 9.66µg (2.41%), Vitamin B5: 0.19mg (1.87%)