



## Mustard Sauce



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



127 kcal

SAUCE

## Ingredients

- ☐ 4.5 teaspoons mustard dry
- ☐ 1 eggs beaten
- ☐ 0.5 cup sugar white
- ☐ 0.3 cup vinegar white

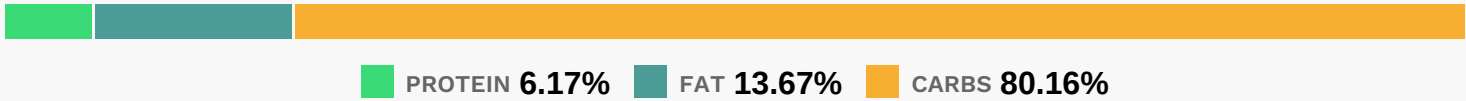
## Equipment

- ☐ bowl
- ☐ sauce pan

# Directions

- ☐ Beat egg and sugar in a saucepan over medium heat.
- ☐ Mix vinegar and mustard in a small bowl; slowly stir into the egg mixture.
- ☐ Cook and stir the mixture until hot.

## Nutrition Facts



## Properties

Glycemic Index:30.02, Glycemic Load:17.46, Inflammation Score:-1, Nutrition Score:2.0943478332913%

## Nutrients (% of daily need)

Calories: 127.24kcal (6.36%), Fat: 1.94g (2.99%), Saturated Fat: 0.39g (2.43%), Carbohydrates: 25.62g (8.54%), Net Carbohydrates: 25.35g (9.22%), Sugar: 25.15g (27.95%), Cholesterol: 40.92mg (13.64%), Sodium: 16.59mg (0.72%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 1.97g (3.95%), Selenium: 8.32µg (11.88%), Phosphorus: 41.26mg (4.13%), Vitamin B2: 0.06mg (3.58%), Manganese: 0.07mg (3.54%), Magnesium: 9.86mg (2.46%), Iron: 0.42mg (2.33%), Folate: 8.81µg (2.2%), Zinc: 0.28mg (1.89%), Vitamin B5: 0.19mg (1.87%), Vitamin B12: 0.1µg (1.63%), Vitamin E: 0.23mg (1.53%), Vitamin B1: 0.02mg (1.5%), Vitamin D: 0.22µg (1.47%), Vitamin B6: 0.03mg (1.38%), Calcium: 13.67mg (1.37%), Copper: 0.03mg (1.27%), Vitamin A: 60.1IU (1.2%), Fiber: 0.27g (1.1%)