



## Mustard Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



110 kcal

SAUCE

## Ingredients

- ☐ 2 tablespoons mustard dry
- ☐ 1 egg yolk well beaten
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 cup half-and-half
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 0.5 cup vinegar

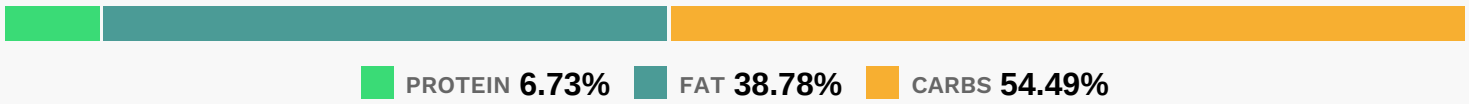
## Equipment

- ☐ whisk
- ☐ double boiler

## Directions

- ☐ Combine all ingredients in top of a double boiler; beat with a wire whisk until blended . Cook over warm water, stirring constantly , 1 hour or until slightly thickened.
- ☐ Serve warm or cold.

## Nutrition Facts



## Properties

Glycemic Index:24.39, Glycemic Load:9.25, Inflammation Score:-1, Nutrition Score:2.2739130465881%

## Nutrients (% of daily need)

Calories: 110.17kcal (5.51%), Fat: 4.76g (7.32%), Saturated Fat: 2.38g (14.86%), Carbohydrates: 15.04g (5.01%), Net Carbohydrates: 14.81g (5.38%), Sugar: 13.86g (15.41%), Cholesterol: 34.89mg (11.63%), Sodium: 56.56mg (2.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.72%), Selenium: 6.34µg (9.06%), Phosphorus: 53.65mg (5.37%), Vitamin B2: 0.08mg (4.83%), Calcium: 41.17mg (4.12%), Manganese: 0.06mg (3.01%), Vitamin A: 140.07IU (2.8%), Magnesium: 9.98mg (2.49%), Vitamin B1: 0.03mg (2.3%), Folate: 8.74µg (2.19%), Zinc: 0.29mg (1.9%), Vitamin B5: 0.17mg (1.73%), Vitamin B12: 0.1µg (1.69%), Potassium: 56.88mg (1.63%), Iron: 0.29mg (1.63%), Vitamin B6: 0.03mg (1.52%), Vitamin E: 0.22mg (1.49%)