



Mustard Sauce McGuffin



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



8

CALORIES



66 kcal

SAUCE

Ingredients

- ☐ 8 servings coarse salt and pepper freshly ground to taste
- ☐ 1 tablespoon dijon mustard
- ☐ 2 large egg yolks
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.5 cup rice vinegar
- ☐ 1 cup white wine

Equipment

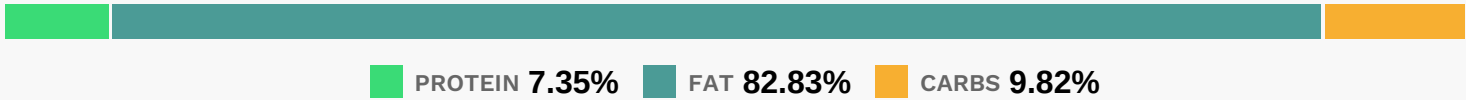
- ☐ sauce pan

☐ whisk

Directions

- ☐ Combine the wine and vinegar in a small non-reactive saucepan. Bring this to a simmer and gently reduce it to about ½ cup.
- ☐ Transfer the reduced liquid to a double-boiler set over GENTLY simmering water.
- ☐ Whisk in the lightly beaten egg yolks. Continue whisking even after all the egg yolks are incorporated. You want to beat plenty of air into those eggs.
- ☐ As the mixture cooks, the bubbles you create will set, adding heft and volume to the sauce without butter or cream. Eventually you will get a sauce that forms very light peaks. The perfect little bubbles should be consistent, uniform and noticeable.
- ☐ At this point remove the sauce from the heat and slowly drizzle in the olive oil.
- ☐ Pour it in a steady, slow stream until all the oil is incorporated.
- ☐ Whisk in the mustard.
- ☐ This sauce is best served immediately and warm, but it really does not suffer that much being made ahead and refrigerated.

Nutrition Facts



Properties

Glycemic Index:12.13, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:1.4043478088696%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 66.17kcal (3.31%), Fat: 3.89g (5.98%), Saturated Fat: 0.78g (4.89%), Carbohydrates: 1.04g (0.35%), Net Carbohydrates: 0.96g (0.35%), Sugar: 0.34g (0.38%), Cholesterol: 45.9mg (15.3%), Sodium: 218.33mg (9.49%),

Alcohol: 3.09g (100%), Alcohol %: 5.93% (100%), Protein: 0.78g (1.55%), Selenium: 3.13µg (4.47%), Vitamin E: 0.5mg (3.37%), Manganese: 0.05mg (2.73%), Phosphorus: 24.64mg (2.46%), Vitamin K: 1.8µg (1.72%), Vitamin B2: 0.03mg (1.66%), Folate: 6.64µg (1.66%), Vitamin B6: 0.03mg (1.56%), Vitamin D: 0.23µg (1.53%), Vitamin B5: 0.15mg (1.46%), Iron: 0.25mg (1.38%), Vitamin B12: 0.08µg (1.38%), Vitamin A: 62.62IU (1.25%), Magnesium: 4.28mg (1.07%), Calcium: 10.47mg (1.05%)