



Special Mustard Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



246 kcal

SAUCE

Ingredients

- ☐ 2 beef bouillon cubes
- ☐ 0.5 cup butter
- ☐ 0.3 cup cider vinegar
- ☐ 3 egg yolks lightly beaten
- ☐ 0.5 cup mustard prepared
- ☐ 1 teaspoon salt
- ☐ 0.5 cup sugar

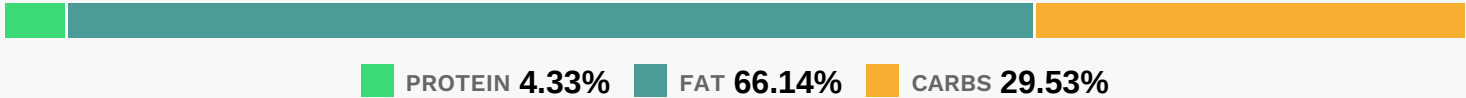
Equipment

- ☐ whisk
- ☐ double boiler

Directions

- ☐ Combine butter and bouillon cubes in top of a double boiler.
- ☐ Place over simmering water, and cook, whisking constantly, until butter melts and bouillon cubes dissolve. Gradually whisk in beaten egg yolks.
- ☐ Add sugar and remaining ingredients; cook, whisking often, 20 minutes. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:23.68, Glycemic Load:11.74, Inflammation Score:-5, Nutrition Score:4.2595651810584%

Nutrients (% of daily need)

Calories: 246.17kcal (12.31%), Fat: 18.42g (28.34%), Saturated Fat: 4.1g (25.61%), Carbohydrates: 18.5g (6.17%), Net Carbohydrates: 17.61g (6.4%), Sugar: 17.21g (19.12%), Cholesterol: 97.25mg (32.42%), Sodium: 1119.2mg (48.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.43%), Selenium: 12.57µg (17.96%), Vitamin A: 821.17IU (16.42%), Phosphorus: 65.66mg (6.57%), Manganese: 0.12mg (6.15%), Vitamin E: 0.89mg (5.94%), Vitamin B2: 0.07mg (4.39%), Vitamin B1: 0.06mg (3.97%), Folate: 15.21µg (3.8%), Fiber: 0.89g (3.57%), Iron: 0.64mg (3.54%), Vitamin B5: 0.35mg (3.51%), Vitamin B12: 0.21µg (3.46%), Vitamin D: 0.49µg (3.24%), Calcium: 32.26mg (3.23%), Magnesium: 12.15mg (3.04%), Vitamin B6: 0.05mg (2.51%), Zinc: 0.35mg (2.33%), Potassium: 61.94mg (1.77%), Copper: 0.02mg (1.23%)