



Spicy Horseradish Mustard



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



60

CALORIES



11 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups apple cider vinegar
- ☐ 0.5 cup ground mustard dry
- ☐ 2 cloves garlic minced
- ☐ 2 tablespoons horseradish white prepared drained
- ☐ 1 teaspoon brown sugar packed
- ☐ 2 teaspoons salt
- ☐ 0.3 cup mustard seeds yellow

Equipment

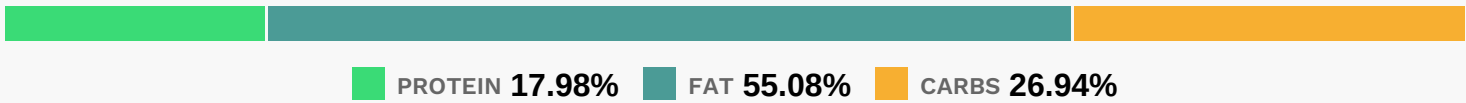
- ☐ food processor
- ☐ canning jar

Directions

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In large jar, combine all ingredients and 1/2 cup water and shake well. Cover and refrigerate 48 hours. In food processor, process mixture until smooth, about 2 minutes. Divide among 6 (4-ounce) sterilized mason jars. Seal jars and store in cool, dark place for 2 weeks before opening. (Mustard can be eaten immediately, but flavors will not have had a chance to meld.)

Nutrition Facts



Properties

Glycemic Index:1.75, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:0.86956521552866%

Nutrients (% of daily need)

Calories: 10.79kcal (0.54%), Fat: 0.64g (0.98%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 0.7g (0.23%), Net Carbohydrates: 0.47g (0.17%), Sugar: 0.25g (0.28%), Cholesterol: 0mg (0%), Sodium: 80.18mg (3.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.94%), Selenium: 3.68µg (5.25%), Manganese: 0.06mg (3.01%), Magnesium: 6.94mg (1.74%), Phosphorus: 15.28mg (1.53%)