



Sweet-and-Spicy Mustard Sauce

 Vegetarian

READY IN



17 min.

SERVINGS



10

CALORIES



98 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons mustard dry
- ☐ 2 egg yolks
- ☐ 1 cup evaporated milk divided
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 cup sugar
- ☐ 0.3 cup vinegar

Equipment

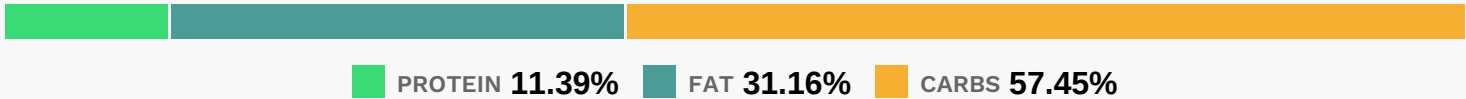
- ☐ bowl

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk together first 4 ingredients and 1/3 cup evaporated milk in a small bowl.
- ☐ Cook remaining 2/3 cup milk in a small heavy saucepan over medium heat, stirring often, 1 to 2 minutes or just until bubbles appear. (Do not boil.)
- ☐ Whisk in mustard mixture, and cook, whisking constantly, 3 to 5 minutes or until smooth and thickened.
- ☐ Remove from heat, and let cool 15 minutes; whisk in vinegar.
- ☐ Serve immediately, or cover and chill until ready to serve. Store in an airtight container in refrigerator up to 1 week.

Nutrition Facts



Properties

Glycemic Index:19.51, Glycemic Load:7.81, Inflammation Score:-1, Nutrition Score:2.7913043233364%

Nutrients (% of daily need)

Calories: 97.83kcal (4.89%), Fat: 3.41g (5.25%), Saturated Fat: 1.53g (9.57%), Carbohydrates: 14.16g (4.72%), Net Carbohydrates: 13.95g (5.07%), Sugar: 12.63g (14.04%), Cholesterol: 46.19mg (15.4%), Sodium: 28.88mg (1.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.62%), Selenium: 6.11µg (8.73%), Phosphorus: 78.66mg (7.87%), Calcium: 74.85mg (7.48%), Vitamin B2: 0.11mg (6.56%), Folate: 12.28µg (3.07%), Magnesium: 11.8mg (2.95%), Vitamin B5: 0.29mg (2.86%), Vitamin B1: 0.04mg (2.75%), Potassium: 92.54mg (2.64%), Manganese: 0.05mg (2.6%), Zinc: 0.37mg (2.49%), Vitamin A: 112.57IU (2.25%), Iron: 0.35mg (1.95%), Vitamin B12: 0.11µg (1.84%), Vitamin B6: 0.03mg (1.57%), Vitamin D: 0.22µg (1.46%), Vitamin E: 0.21mg (1.37%), Vitamin B3: 0.2mg (1.02%)