



Sweet-Hot Honey Mustard



Vegetarian



Gluten Free



Dairy Free

READY IN



17 min.

SERVINGS



5

CALORIES



663 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups ground mustard dry
- ☐ 3 large eggs lightly beaten
- ☐ 0.5 cup honey
- ☐ 2 cups sugar
- ☐ 2 cups vinegar white

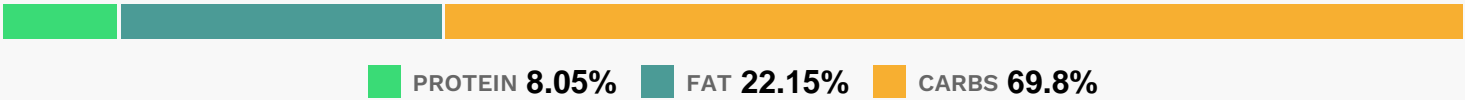
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk together sugar and mustard in a heavy 3-quart saucepan; gradually whisk in vinegar and eggs until blended.
- ☐ Cook mustard mixture over medium heat, whisking constantly, 10 to 12 minutes or until smooth and thickened.
- ☐ Remove from heat, and whisk in honey.
- ☐ Let cool, and store in airtight containers in the refrigerator for up to 1 month.
- ☐ Cranberry-Pecan Chicken Salad: Stir together 8 cups chopped cooked chicken; 3 celery ribs, diced; 5 green onions, thinly sliced; 1 1/2 cups chopped, toasted pecans; 1 (6-ounce) package sweetened dried cranberries; 1 cup mayonnaise; and 1/2 cup Sweet-Hot Honey Mustard. Season with salt and pepper to taste. Cover and chill up to 3 days. Makes 6 to 8 servings. Prep: 20 min.

Nutrition Facts



Properties

Glycemic Index:34.47, Glycemic Load:70.44, Inflammation Score:-6, Nutrition Score:18.953478035719%

Nutrients (% of daily need)

Calories: 662.82kcal (33.14%), Fat: 16.7g (25.69%), Saturated Fat: 1.68g (10.53%), Carbohydrates: 118.4g (39.47%), Net Carbohydrates: 113.76g (41.37%), Sugar: 110.37g (122.63%), Cholesterol: 111.6mg (37.2%), Sodium: 51.67mg (2.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.66g (27.32%), Selenium: 88.51µg (126.44%), Manganese: 1.01mg (50.64%), Phosphorus: 375.34mg (37.53%), Magnesium: 144.05mg (36.01%), Iron: 4.19mg (23.29%), Vitamin B1: 0.31mg (20.92%), Folate: 75.53µg (18.88%), Fiber: 4.64g (18.57%), Zinc: 2.76mg (18.4%), Vitamin B2: 0.26mg (15.47%), Vitamin E: 2.22mg (14.78%), Copper: 0.29mg (14.37%), Calcium: 125.5mg (12.55%), Vitamin B6: 0.21mg (10.4%), Potassium: 339.42mg (9.7%), Vitamin B3: 1.84mg (9.19%), Vitamin B5: 0.79mg (7.87%), Vitamin B12: 0.27µg (4.45%), Vitamin D: 0.6µg (4%), Vitamin A: 173.63IU (3.47%), Vitamin C: 2.83mg (3.43%), Vitamin K: 2.12µg (2.01%)