



Sweet Mustard Dip

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup musselman's® apple butter
- 0.5 cup dijon mustard

Equipment

Directions

- Combine ingredients well.
- Serve with pretzels or cubed cheese.

Nutrition Facts

PROTEIN 4.43% FAT 7.89% CARBS 87.68%

Properties

Glycemic Index:4, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.7826087241587%

Nutrients (% of daily need)

Calories: 70.48kcal (3.52%), Fat: 0.63g (0.97%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 15.81g (5.27%), Net Carbohydrates: 14.61g (5.31%), Sugar: 12.66g (14.07%), Cholesterol: 0mg (0%), Sodium: 176.48mg (7.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.6%), Manganese: 0.18mg (8.8%), Selenium: 5.43µg (7.76%), Fiber: 1.2g (4.79%), Magnesium: 8.88mg (2.22%), Vitamin B1: 0.03mg (2.17%), Copper: 0.04mg (1.99%), Iron: 0.36mg (1.98%), Phosphorus: 19.63mg (1.96%), Potassium: 55.42mg (1.58%), Calcium: 14.74mg (1.47%), Vitamin B6: 0.02mg (1.19%)