



Wowee Maui Mustard

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



37 kcal

SIDE DISH

Ingredients

- 8 ounce pineapple crushed drained canned
- 0.5 cup pepper jelly red
- 3 tablespoons whole-grain mustard

Equipment

Directions

- Stir together all ingredients.

Nutrition Facts

PROTEIN 7.54% FAT 8.89% CARBS 83.57%

Properties

Glycemic Index:12.8, Glycemic Load:0.22, Inflammation Score:-5, Nutrition Score:3.652173905269%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 36.58kcal (1.83%), Fat: 0.4g (0.61%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 8.43g (2.81%), Net Carbohydrates: 7.14g (2.6%), Sugar: 7.22g (8.02%), Cholesterol: 0mg (0%), Sodium: 100.05mg (4.35%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.76g (1.52%), Vitamin C: 23.37mg (28.33%), Vitamin A: 495.59IU (9.91%), Fiber: 1.29g (5.16%), Vitamin B1: 0.07mg (4.75%), Selenium: 3.26µg (4.65%), Vitamin B6: 0.08mg (4.18%), Magnesium: 12.91mg (3.23%), Potassium: 101.18mg (2.89%), Copper: 0.06mg (2.89%), Manganese: 0.05mg (2.71%), Folate: 9.75µg (2.44%), Iron: 0.33mg (1.86%), Vitamin E: 0.28mg (1.84%), Phosphorus: 16.77mg (1.68%), Vitamin B2: 0.03mg (1.65%), Vitamin B3: 0.33mg (1.63%), Calcium: 13.97mg (1.4%), Vitamin K: 1.18µg (1.13%)