

# Cranberry-Mustard Spread

Daniel Neman - Toledo Blade  
St. Lucie News Tribune

**Yield: 2 1/2 ounces**

*1/4 cup cranberry sauce  
1 tablespoon Dijon mustard*

Mix thoroughly.

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Per Serving (excluding unknown items): 116 Calories; 1g Fat (5.6% calories from fat); 1g Protein; 28g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 208mg Sodium. Exchanges: 0 Lean Meat; 0 Fat; 2 Other Carbohydrates.

Sauces

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	116	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	5.6%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	91.6%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	2.8%	<b>Riboflavin B2 (mg):</b>	trace
<b>Total Fat (g):</b>	1g	<b>Folacin (mcg):</b>	1mcg
<b>Saturated Fat (g):</b>	trace	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	trace	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	trace	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	0mg	<b>% Refuse:</b>	0 0%
<b>Carbohydrate (g):</b>	28g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	1g	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	1g	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	208mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	38mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	15mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	trace	<b>Fat:</b>	0
<b>Zinc (mg):</b>	trace	<b>Other Carbohydrates:</b>	2
<b>Vitamin C (mg):</b>	3mg		
<b>Vitamin A (i.u.):</b>	14IU		
<b>Vitamin A (r.e.):</b>	1 1/2RE		

## Nutrition Facts

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**Amount Per Serving**

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**Calories** 116 **Calories from Fat:** 7

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**% Daily Values\***

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**Total Fat** 1g 1%Saturated Fat trace 0%**Cholesterol** 0mg 0%**Sodium** 208mg 9%**Total Carbohydrates** 28g 9%Dietary Fiber 1g 4%**Protein** 1g

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**Vitamin A** 0%**Vitamin C** 5%**Calcium** 2%**Iron** 3%

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*\* Percent Daily Values are based on a 2000 calorie diet.*