

## Sauces

---

# Dill Mustard

Food Network Magazine - June 2011

**1/2 cup yellow mustard**

**1/4 cup dill pickles, finely chopped**

**1/4 cup white onion, finely chopped**

**1 tablespoon fresh dill, chopped**

In a small bowl, combine the mustard, pickles, onion and dill. Mix well.

---

Per Serving (excluding unknown items): 112 Calories; 5g Fat (39.1% calories from fat); 6g Protein; 13g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 2000mg Sodium. Exchanges: 1/2 Lean Meat; 1 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates.