

Sauces

Stout Mustard

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2 tablespoons stout beer
1/4 cup whole-grain mustard
1/4 cup Dijon mustard
1/2 small shallot, minced
2 teaspoons brown sugar

In a small bowl, combine the beer, whole-grain mustard, Dijon mustard, shallot and brown sugar. Mix well.

Per Serving (excluding unknown items): 71 Calories; 3g Fat (30.6% calories from fat); 3g Protein; 11g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 754mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 0 Fat; 1/2 Other Carbohydrates.