

# Horseradish Sauce IV

*Step-By-Step Sauces*  
*Salamander Books Ltd. - London, England*

## Yield: 2/3 cup

*4 tablespoons grated fresh horseradish*  
*1 teaspoon caster sugar*  
*2 teaspoons smooth mustard*  
*salt (to taste)*  
*pepper (to taste)*  
*2 tablespoons malt vinegar*  
*9 teaspoons low-fat plain yogurt*

Place the grated horseradish in a bowl. Add the sugar, mustard, salt and pepper. Mix well.

Sir in the vinegar. Gently stir in the yogurt, mixing well. Leave the horseradish sauce in a cool place for 30 minutes before serving to allow the flavours to develop.

Serve with beef or oily fish.

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Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	0	Vitamin B6 (mg):	0mg
% Calories from Fat:	0.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	0.0%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.0%	Riboflavin B2 (mg):	0mg
Total Fat (g):	0g	Folacin (mcg):	0mcg
Saturated Fat (g):	0g	Niacin (mg):	0mg
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	0g	<b>Food Exchanges</b>	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	0g	Lean Meat:	0
Sodium (mg):	0mg	Vegetable:	0
Potassium (mg):	0mg	Fruit:	0

Calcium (mg):	0mg	Non-Fat Milk:	0
Iron (mg):	0mg	Fat:	0
Zinc (mg):	0mg	Other Carbohydrates:	0
Vitamin C (mg):	0mg		
Vitamin A (i.u.):	0IU		
Vitamin A (r.e.):	0RE		

## Nutrition Facts

### Amount Per Serving

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<b>Calories</b>	0	Calories from Fat: 0
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**% Daily Values\***

<b>Total Fat</b>	0g	0%
Saturated Fat	0g	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	0mg	0%
<b>Total Carbohydrates</b>	0g	0%
Dietary Fiber	0g	0%
<b>Protein</b>	0g	

Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

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