

Hot Mustard Sauce

B.J. Arth and Judy Brown

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Yield: 3 cups

3 ounces hot dry mustard

1/4 cup all-purpose flour

1 1/2 cups sugar

dash salt

4 eggs, slightly beaten

3/4 cup vinegar

In the top of a double boiler, combine the mustard, flour, sugar and salt. Add the eggs and vinegar, stirring until blended. Cook, stirring constantly, over boiling water until the mixture thickens.

Cool and pour into a glass jar with a tight-fitting lid. Refrigerate until ready to use.

Before using, bring to room temperature and thin, if necessary, with a drop of water.

Per Serving (excluding unknown items): 1596 Calories; 20g Fat (11.1% calories from fat); 28g Protein; 336g Carbohydrate; 1g Dietary Fiber; 848mg Cholesterol; 285mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 Lean Meat; 1 1/2 Fat; 21 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	1596
% Calories from Fat:	11.1%
% Calories from Carbohydrates:	82.0%
% Calories from Protein:	6.9%
Total Fat (g):	20g
Saturated Fat (g):	6g
Monounsaturated Fat (g):	8g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	848mg
Carbohydrate (g):	336g
Dietary Fiber (g):	1g
Protein (g):	28g
	285mg

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	2.6mcg
Thiamin B1 (mg):	.4mg
Riboflavin B2 (mg):	1.2mg
Folacin (mcg):	144mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	3
	0
	1

Sodium (mg):
Potassium (mg): 487mg
Calcium (mg): 122mg
Iron (mg): 6mg
Zinc (mg): 3mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 976IU
Vitamin A (r.e.): 280RE

Vegetable:
Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 21

Nutrition Facts

Amount Per Serving

Calories 1596 **Calories from Fat:** 177

% Daily Values*

Total Fat	20g	31%
Saturated Fat	6g	31%
Cholesterol	848mg	283%
Sodium	285mg	12%
Total Carbohydrates	336g	112%
Dietary Fiber	1g	3%
Protein	28g	
Vitamin A		20%
Vitamin C		0%
Calcium		12%
Iron		36%

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