

# Mustard Cream Sauce (Sauce Moutarde a la Creme)

Eugenie Brazier (*Les Secrets de la Mere Brazier*)  
*The Good Cook Sauces - Time-Life Books*

**Yield: 3/4 cup**  
3 tablespoons Dijon mustard  
2/3 cup heavy cream or creme fraiche  
salt  
pepper  
3 tablespoons fresh lemon juice

In a bowl, mix the mustard, salt, pepper and lemon juice.  
  
Gradually whisk in the cream in the same way that you would whisk it into a mayonnaise.

*This sauce can accompany many hors d'oeuvre dishes*

Per Serving (excluding unknown items): 45 Calories; 2g Fat (32.9% calories from fat); 2g Protein; 7g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 564mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Fruit; 0 Fat; 0 Other Carbohydrates.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	45	Vitamin B6 (mg):	.1mg
% Calories from Fat:	32.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	50.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	16.8%	Riboflavin B2 (mg):	trace
Total Fat (g):	2g	Folacin (mcg):	10mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value:	on on%
Carbohydrate (g):	7g	<b>Food Exchanges</b>	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	2g	Lean Meat:	1/2
Sodium (mg):	564mg	Vegetable:	0
Potassium (mg):	115mg	Fruit:	1/2
Calcium (mg):	41mg	Non-Fat Milk:	0
	1mg		0
			1

Iron (mg):  
Zinc (mg): 1mg  
Vitamin C (mg): 21mg  
Vitamin A (i.u.): 9IU  
Vitamin A (r.e.): 1RE

Fat:  
Other Carbohydrates: 0

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## Nutrition Facts

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### Amount Per Serving

<b>Calories</b>	45	Calories from Fat: 15
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### % Daily Values\*

<b>Total Fat</b>	2g	3%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	564mg	23%
<b>Total Carbohydrates</b>	7g	2%
Dietary Fiber	1g	6%
<b>Protein</b>	2g	

<b>Vitamin A</b>	0%
<b>Vitamin C</b>	35%
<b>Calcium</b>	4%
<b>Iron</b>	5%

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