

Mustard Sauce II

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2 tablespoons coarse-grain mustard
2 tablespoons lemon juice
2 tablespoons capers
1 tablespoon fresh parsley, chopped
1/2 teaspoon sugar
1/2 teaspoon salt
5 tablespoons olive oil

In a bowl, whisk together the mustard, lemon juice, capers, parsley, sugar and salt.

Whisk in the olive oil in a slow, steady stream until thickened.

Per Serving (excluding unknown items): 644 Calories; 70g Fat (94.2% calories from fat); 3g Protein; 7g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1632mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 14 Fat; 1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	644
% Calories from Fat:	94.2%
% Calories from Carbohydrates:	4.2%
% Calories from Protein:	1.5%
Total Fat (g):	70g
Saturated Fat (g):	9g
Monounsaturated Fat (g):	50g
Polyunsaturated Fat (g):	6g
Cholesterol (mg):	0mg
Carbohydrate (g):	7g
Dietary Fiber (g):	1g
Protein (g):	3g
Sodium (mg):	1632mg
Potassium (mg):	104mg
Calcium (mg):	53mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	19mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	11mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	14
Other Carbohydrates:	1/2

Vitamin A (i.u.): 201IU
Vitamin A (r.e.): 20RE

Nutrition Facts

Amount Per Serving

Calories	644	Calories from Fat: 607
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% Daily Values*

Total Fat	70g	108%
Saturated Fat	9g	46%
Cholesterol	0mg	0%
Sodium	1632mg	68%
Total Carbohydrates	7g	2%
Dietary Fiber	1g	2%
Protein	3g	

Vitamin A	4%
Vitamin C	32%
Calcium	5%
Iron	6%

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