

Quick Dipping Sauces

Woman's Day Magazine

HONEY MUSTARD SAUCE

1/2 cup whole-grain mustard

1/4 cup honey

BUFFALO SAUCE

1/2 cup hot sauce

1/2 cup ketchup

HONEY MUSTARD SAUCE:

Combine the whole-grain mustard and honey.

Buffalo Sauce

Combine the hot sauce and ketchup.

Per Serving (excluding unknown items): 382 Calories; trace Fat (0.9% calories from fat); 2g Protein; 103g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1427mg Sodium. Exchanges: 7 Other Carbohydrates.