

# Blueberry Mustard

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## **Yield: 1 cup**

*1 tablespoon butter  
1/2 cup red onion, finely chopped  
1 clove garlic, minced  
1 1/2 cups fresh blueberries  
1/2 cup dry red wine  
1 tablespoon sugar  
3 tablespoons Dijon-style mustard*

In a small saucepan, heat the butter over medium heat. Add the onion and garlic. Cook and stir about 4 minutes or until the onion is tender.

Stir in the blueberries, wine and sugar. Bring to a boil. Reduce the heat. Simmer, uncovered, for 10 minutes. Mash the berries lightly with a potato masher. Simmer for 2 to 4 minutes more or until thickened.

Remove from the heat. Stir in the mustard. Cool.

Chill for up to two weeks.

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Per Serving (excluding unknown items): 425 Calories; 14g Fat (34.8% calories from fat); 5g Protein; 56g Carbohydrate; 9g Dietary Fiber; 31mg Cholesterol; 772mg Sodium. Exchanges: 1/2 Lean Meat; 1 1/2 Vegetable; 2 Fruit; 2 1/2 Fat; 1 Other Carbohydrates.

Sauces and Condiments

## **Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	425	<b>Vitamin B6 (mg):</b>	.3mg
<b>% Calories from Fat:</b>	34.8%	<b>Vitamin B12 (mcg):</b>	trace
<b>% Calories from Carbohydrates:</b>	59.9%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	5.3%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	14g	<b>Folacin (mcg):</b>	36mcg
<b>Saturated Fat (g):</b>	7g	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	5g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	85
<b>Cholesterol (mg):</b>	31mg	<b>% Refuse:</b>	0.00%
<b>Carbohydrate (g):</b>	56g		

## **Food Exchanges**

Dietary Fiber (g): 9g  
 Protein (g): 5g  
 Sodium (mg): 772mg  
 Potassium (mg): 526mg  
 Calcium (mg): 85mg  
 Iron (mg): 2mg  
 Zinc (mg): 1mg  
 Vitamin C (mg): 34mg  
 Vitamin A (i.u.): 651IU  
 Vitamin A (r.e.): 129RE

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

## Nutrition Facts

### Amount Per Serving

**Calories** 425                      **Calories from Fat:** 148

### % Daily Values\*

<b>Total Fat</b>	14g	22%
Saturated Fat	7g	37%
<b>Cholesterol</b>	31mg	10%
<b>Sodium</b>	772mg	32%
<b>Total Carbohydrates</b>	56g	19%
Dietary Fiber	9g	34%
<b>Protein</b>	5g	
<b>Vitamin A</b>		13%
<b>Vitamin C</b>		57%
<b>Calcium</b>		9%
<b>Iron</b>		11%

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