

Herbed Mustard

Southern Living - 1987 Annual Recipes

Yield: 2 cups

1/3 cup dry mustard

1/4 cup sugar

4 eggs

1/2 cup white wine vinegar

1/4 cup dry white wine

2 teaspoons dried thyme

2 teaspoons crushed oregano leaves

In a large saucepan, combine the mustard and sugar. Add the eggs, vinegar and wine. Mix well at medium speed with an electric mixer.

Cook over low heat, beating constantly at high speed, for 5 minutes or until thick. (The mixture will double in volume, and then fall.)

Stir in the thyme and oregano.

Cool the mixture to room temperature. Stir well.

Cover and store the mixture in the refrigerator for up to one month.

Per Serving (excluding unknown items): 662 Calories; 27g Fat (38.2% calories from fat); 32g Protein; 66g Carbohydrate; 2g Dietary Fiber; 848mg Cholesterol; 287mg Sodium. Exchanges: 1/2 Grain(Starch); 4 Lean Meat; 2 1/2 Fat; 4 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	662
% Calories from Fat:	38.2%
% Calories from Carbohydrates:	41.5%
% Calories from Protein:	20.4%
Total Fat (g):	27g
Saturated Fat (g):	6g
Monounsaturated Fat (g):	8g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	848mg
Carbohydrate (g):	66g
Dietary Fiber (g):	2g

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	2.6mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	1.0mg
Folacin (mcg):	104mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	40
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1/2
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Protein (g): 32g
Sodium (mg): 287mg
Potassium (mg): 683mg
Calcium (mg): 250mg
Iron (mg): 10mg
Zinc (mg): 4mg
Vitamin C (mg): 4mg
Vitamin A (i.u.): 1175IU
Vitamin A (r.e.): 300RE

Lean Meat: 4
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 2 1/2
Other Carbohydrates: 4

Nutrition Facts

Amount Per Serving

Calories 662 Calories from Fat: 253

% Daily Values*

Total Fat	27g	41%
Saturated Fat	6g	31%
Cholesterol	848mg	283%
Sodium	287mg	12%
Total Carbohydrates	66g	22%
Dietary Fiber	2g	7%
Protein	32g	

Vitamin A	24%
Vitamin C	7%
Calcium	25%
Iron	58%

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