

Homemade Coarse-Ground Wine Mustard

Publix Grape Magazine - Winter 2013

*2/3 cup mustard seeds
1/3 cup white wine vinegar
1/3 cup white wine
1 teaspoon salt
1/2 teaspoon ground white pepper
1/4 teaspoon ground ginger
1/8 teaspoon ground allspice
3 tablespoons honey
2 cloves garlic, minced*

In a medium bowl, combine the mustard seeds, vinegar, wine, salt, white pepper, ginger and allspice. Cover and chill for 24 hours.

Add the honey and cloves to the mustard seed mixture.

Transfer the mixture to a blender or food processor. Cover and blend or process for 1 to 2 minutes to reach the desired texture and consistency, stopping to scrape down the sides.

Spoon into airtight storage containers.

For best flavor, chill for one to two days before serving.

Store in the refrigerator for up to three months.

Per Serving (excluding unknown items): 827 Calories; 34g Fat (36.7% calories from fat); 30g Protein; 102g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 2146mg Sodium. Exchanges: 2 1/2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 5 Fat; 4 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	827	Vitamin B6 (mg):	.4mg
% Calories from Fat:	36.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	48.9%	Thiamin B1 (mg):	.6mg
% Calories from Protein:	14.5%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	34g	Folacin (mcg):	92mcg
Saturated Fat (g):	2g	Niacin (mg):	9mg
Monounsaturated Fat (g):	23g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	6g
Cholesterol (mg):	0mg
Carbohydrate (g):	102g
Dietary Fiber (g):	8g
Protein (g):	30g
Sodium (mg):	2146mg
Potassium (mg):	1015mg
Calcium (mg):	662mg
Iron (mg):	13mg
Zinc (mg):	7mg
Vitamin C (mg):	6mg
Vitamin A (i.u.):	75IU
Vitamin A (r.e.):	7 1/2RE

Alcohol (kcal):	53
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	2 1/2
Lean Meat:	3
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	5
Other Carbohydrates:	4

Nutrition Facts

Amount Per Serving

Calories	827	Calories from Fat: 303
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% Daily Values*

Total Fat	34g	52%
Saturated Fat	2g	9%
Cholesterol	0mg	0%
Sodium	2146mg	89%
Total Carbohydrates	102g	34%
Dietary Fiber	8g	33%
Protein	30g	
Vitamin A		2%
Vitamin C		10%
Calcium		66%
Iron		72%

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