

## **Jalapeno Mustard**

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**1/2 cup yellow mustard**

**1/4 cup Dijon-style mustard**

**3 tablespoons bottled, sliced, pickled jalapeno peppers, finely chopped**

In a bowl, combine the mustards and the jalapenos.

Serve immediately.

The mustard can be covered and stored in the refrigerator for up to five days.

Yield: 1 cup

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Per Serving (excluding unknown items): 135 Calories; 8g Fat (47.3% calories from fat); 8g Protein; 12g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 2254mg Sodium. Exchanges: 1 Lean Meat; 1/2 Fat; 1/2 Other Carbohydrates.