



Healthdor

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Mustard Recipe

This recipe is a delicious combination of yellow and deli brown mustard. It can be used as a condiment or as an ingredient in various dishes. The history of mustard dates back to ancient times, and it is enjoyed all over the world. This recipe takes approximately 10 minutes to prepare and does not require any cooking time. It yields about 200 grams of mustard and can be stored in the refrigerator for up to one month.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 20

Serving Size: 10 g

Ingredients

100 g yellow mustard

100 g deli brown mustard

Directions

Step 1

Mixing

In a bowl, combine the yellow and deli brown mustard.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stirring

Stir well until the mustards are fully blended.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Transfer the mustard to a jar or container.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Refrigerating

Refrigerate for at least 1 hour before serving.

Prep Time: 60 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 50 kcal

Fat: 0 g

Protein: 0 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	0 g	0%	0%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	10 g	18.18%	20%
Fibers	0 g	0%	0%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	0 mg	0%	0%
Iron	0 mg	0%	0%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Events

Christmas

Easter

Thanksgiving

Barbecue

Picnic

Game Day

Cuisines

American

Nutritional Content

Low Calorie

Kitchen Tools

Blender

Course

Appetizers

Sauces & Dressings

Cooking Method

Steaming

Meal Type

Snack

Supper

Difficulty Level

Medium

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