

Mustard Sauce IV

Patrick I. Greer - Meridian, MS
Southern Living - 1984 Annual Recipes

Yield: 2 1/4 cups

1 1/2 cups mayonnaise
1/2 cup prepared Creole mustard
1 to 2 tablespoons prepared
horseradish
2 tablespoons lemon juice

In a medium mixing bowl, combine the mayonnaise, mustard, horseradish and lemon juice. Stir well.

Cover and chill for two to three hours.

Serve the sauce with boiled shrimp.

Per Serving (excluding unknown items): 2380 Calories; 281g Fat (98.7% calories from fat); 4g Protein; 4g Carbohydrate; 1g Dietary Fiber; 116mg Cholesterol; 1923mg Sodium. Exchanges: 0 Lean Meat; 0 Fruit; 24 Fat; 0 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	2380
% Calories from Fat:	98.7%
% Calories from Carbohydrates:	0.7%
% Calories from Protein:	0.6%
Total Fat (g):	281g
Saturated Fat (g):	39g
Monounsaturated Fat (g):	75g
Polyunsaturated Fat (g):	136g
Cholesterol (mg):	116mg
Carbohydrate (g):	4g
Dietary Fiber (g):	1g
Protein (g):	4g
Sodium (mg):	1923mg
Potassium (mg):	187mg
Calcium (mg):	70mg
Iron (mg):	2mg

Vitamin B6 (mg):	1.9mg
Vitamin B12 (mcg):	.8mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	38mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	24

Zinc (mg): 1mg
Vitamin C (mg): 18mg
Vitamin A (i.u.): 930IU
Vitamin A (r.e.): 185 1/2RE

Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories	2380	Calories from Fat: 2350
-----------------	------	-------------------------

% Daily Values*

Total Fat	281g	432%
Saturated Fat	39g	195%
Cholesterol	116mg	39%
Sodium	1923mg	80%
Total Carbohydrates	4g	1%
Dietary Fiber	1g	2%
Protein	4g	

Vitamin A	19%
Vitamin C	30%
Calcium	7%
Iron	10%

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