

Sauces

Mustard-Horseradish Sauce

Taste of Home Light & Tasty - April/May 2007

Servings: 6

Grill Time:

1/4 cup fat-free mayonnaise

1/4 cup reduced-fat sour cream

1 1/2 teaspoons lemon juice

1 teaspoon sugar

1/2 teaspoon ground mustard

1/2 teaspoon Dijon mustard

1/2 teaspoon prepared horseradish

In a small bowl, combine the mayonnaise, sour cream, lemon juice, sugar, ground mustard, Dijon mustard and horseradish. Mix thoroughly.

Per Serving (excluding unknown items): 12 Calories; trace Fat (1.6% calories from fat); trace Protein; 3g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 133mg Sodium. Exchanges: 0 Lean Meat; 0 Fruit; 0 Fat; 0 Other Carbohydrates.