

Maple-Mustard Glaze for Turkey

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4 cups apple cider
1/4 cup maple syrup
2 tablespoons Dijon mustard
2 tablespoons butter

Place the cider in a saucepan. Bring to a boil and cook until reduced by half (about 15 minutes).

Whisk in the maple syrup, mustard and butter. Let cool.

Brush over the turkey during the last 30 minutes of roasting.

Per Serving (excluding unknown items): 898 Calories; 26g Fat (25.0% calories from fat); 2g Protein; 171g Carbohydrate; 2g Dietary Fiber; 62mg Cholesterol; 647mg Sodium. Exchanges: 0 Lean Meat; 8 Fruit; 4 1/2 Fat; 3 1/2 Other Carbohydrates.

Sauces and Condiments, Turkey

Per Serving Nutritional Analysis

Calories (kcal):	898	Vitamin B6 (mg):	.3mg
% Calories from Fat:	25.0%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	74.1%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	1.0%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	26g	Folacin (mcg):	4mcg
Saturated Fat (g):	15g	Niacin (mg):	1mg
Monounsaturated Fat (g):	8g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	62mg	% Refused:	n n%
Carbohydrate (g):	171g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	2g	Lean Meat:	0
Sodium (mg):	647mg	Vegetable:	0
Potassium (mg):	1388mg	Fruit:	8

Calcium (mg): 183mg
Iron (mg): 5mg
Zinc (mg): 1mg
Vitamin C (mg): 9mg
Vitamin A (i.u.): 877IU
Vitamin A (r.e.): 214 1/2RE

Non-Fat Milk: 0
Fat: 4 1/2
Other Carbohydrates: 3 1/2

Nutrition Facts

Amount Per Serving

Calories 898 **Calories from Fat:** 224

% Daily Values*

Total Fat 26g	39%
Saturated Fat 15g	73%
Cholesterol 62mg	21%
Sodium 647mg	27%
Total Carbohydrates 171g	57%
Dietary Fiber 2g	7%
Protein 2g	
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Vitamin A	18%
Vitamin C	15%
Calcium	18%
Iron	29%

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