

Apple-Fennel Mustard

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1/2 cup Dijon mustard

1 apple, peeled and grated

1 shallot, minced

2 tablespoons brown sugar

2 teaspoons fennel seeds, crushed

In a small bowl, combine the Dijon, apple, shallot, brown sugar and fennel. Mix well.

Per Serving (excluding unknown items): 260 Calories; 6g Fat (20.1% calories from fat); 7g Protein; 50g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 1514mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fruit; 1/2 Fat; 1 1/2 Other Carbohydrates.