

# Beer Honey and Onion Mustard

*Aimee Blume - Special to the Courier & Press (Evansville, IN)  
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**Yield: 3/4 cup**

- 1 tablespoon oil*
- 1/4 cup Vidalia or other sweet onion, minced*
- salt to taste*
- 1/2 cup beer, divided*
- 1 tablespoon all-purpose flour*
- 1/4 cup whole grain mustard*
- 2 tablespoons honey*

In a small saucepan, heat the oil. Add the onion and a sprinkle of salt. Cover and cook slowly until the onion is translucent and soft, but not brown.

Add half the beer and reduce until syrupy.

In a small bowl, mix the remainder of the beer and the flour.

Add the mixture to the pot and stir until the mixture comes to a boil and thickens.

Add the mustard and honey. Taste and adjust to your taste with more salt or honey, if necessary.

Cool to serve.

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Per Serving (excluding unknown items): 326 Calories; 14g Fat (39.8% calories from fat); 1g Protein; 45g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Fat; 2 1/2 Other Carbohydrates.

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	326	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	39.8%	<b>Vitamin B12 (mcg):</b>	trace
<b>% Calories from Carbohydrates:</b>	58.5%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	1.7%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	14g	<b>Folacin (mcg):</b>	20mcg
<b>Saturated Fat (g):</b>	2g	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	8g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	3g	<b>Alcohol (kcal):</b>	49
<b>Cholesterol (mg):</b>	0mg	<b>% Refused:</b>	n.n%
<b>Carbohydrate (g):</b>	45g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	1g	<b>Grain (Starch):</b>	1/2
<b>Protein (g):</b>	1g	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	8mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	60mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	10mg	<b>Non-Fat Milk:</b>	0

**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** trace  
**Vitamin A (i.u.):** 0IU  
**Vitamin A (r.e.):** 0RE

**Fat:** 2 1/2  
**Other Carbohydrates:** 2 1/2

## Nutrition Facts

### Amount Per Serving

**Calories** 326                      **Calories from Fat:** 130

### % Daily Values\*

<b>Total Fat</b>	14g	21%
Saturated Fat	2g	8%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	8mg	0%
<b>Total Carbohydrates</b>	45g	15%
Dietary Fiber	1g	2%
<b>Protein</b>	1g	
<b>Vitamin A</b>		0%
<b>Vitamin C</b>		0%
<b>Calcium</b>		1%
<b>Iron</b>		3%

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