

Jamaican Jerk Mustard

50 Burger Toppings
Food Network Magazine

1/4 cup yellow mustard
1/4 cup mayonnaise
2 cloves garlic, grated
1 scallion, finely chopped
2 teaspoons chopped thyme
1/4 habanero chile, seeded and minced
1 teaspoon Kosher salt
1/2 teaspoon pepper
1/2 teaspoon onion powder
1/2 teaspoon ground ginger
1/2 teaspoon ground allspice

In a bowl, mix all of the ingredients.

Per Serving (excluding unknown items): 466 Calories; 50g Fat (88.6% calories from fat); 4g Protein; 10g Carbohydrate; 3g Dietary Fiber; 19mg Cholesterol; 2949mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 4 Fat; 0 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	466
% Calories from Fat:	88.6%
% Calories from Carbohydrates:	7.9%
% Calories from Protein:	3.5%
Total Fat (g):	50g
Saturated Fat (g):	7g
Monounsaturated Fat (g):	14g
Polyunsaturated Fat (g):	23g
Cholesterol (mg):	19mg
Carbohydrate (g):	10g
Dietary Fiber (g):	3g
Protein (g):	4g

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	22mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.00%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2

Sodium (mg): 2949mg
Potassium (mg): 215mg
Calcium (mg): 99mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 10mg
Vitamin A (i.u.): 235IU
Vitamin A (r.e.): 39RE

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

Nutrition Facts

Amount Per Serving

Calories 466 Calories from Fat: 413

% Daily Values*

Total Fat	50g	76%
Saturated Fat	7g	33%
Cholesterol	19mg	6%
Sodium	2949mg	123%
Total Carbohydrates	10g	3%
Dietary Fiber	3g	11%
Protein	4g	
Vitamin A		5%
Vitamin C		17%
Calcium		10%
Iron		13%

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