

Yellow Mustard

40 Servings

4 tablespoons mustard, Dry powder
1/4 cup water
3 tablespoons white vinegar
1 teaspoon cake flour
1/4 teaspoon turmeric
1/8 teaspoon garlic powder
1/8 teaspoon paprika
1/4 teaspoon salt, plus 1/8 t salt

Place water and vinegar in a non-aluminum saucepan. Add the dry mustard and whisk until completely dissolved. Add cake flour, salt, turmeric, garlic powder and paprika. Once all are blended together, bring to a boil. If mixture thickens too much, add equal amounts water and vinegar. Remove from heat.

Allow to cool and verify that pH is 4.5, or less for shelf stability. Bottle.

By eliminating the salt, you can reduce the sodium to 19mg from 33 mg.

Amount Per Serving

Calories 2 Calories from Fat 1

Percent Total Calories From:

Fat 34% Protein 18% Carb. 48%

Nutrient	Amount per Serving	% Daily Value
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	33 mg	1%
Total Carbohydrate	0 g	0%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	0 g	

Vitamin A 0% Vitamin C 0% Calcium 0% Iron 0%