



## MUSTARD AND HONEY SAUCE

 10 porções

### INGREDIENTS

- 1/2 serving of 0% Greek yogurt without added sugar (63 g)
- 2 teaspoons of honey (16 g)
- 2 tablespoons of Dijon Mustard (20g)
- 1 tablespoon of olive oil (approx.15g)
- Salt q.s.
- Pepper q.s. (optional)

### COOKING METHOD

- 1º Place all ingredients in a bowl and serve.
- 2º If necessary, rectify the seasonings.

### NUTRITIONAL INFORMATION

	PER 100 g	PER PORÇÃO (12 g)	% DRI
ENERGY	261 kcal	32 kcal	2 %
PROTEIN	2 g	0 g	1 %
CARBOHYDRATE	14 g	2 g	1 %
SUGARS	14 g	2 g	2 %
FAT	22 g	3 g	4 %
FATTY ACIDS, TOTAL SATURATED	4 g	0 g	2 %
FIBER	1 g	0 g	0 %
SODIUM	2270 mg	280 mg	12 %