

Keto & Paleo Mustard - Three Ways

Hands-on 15 minutes Overall 15 minutes

Nutritional values (per 1 tbsp, 15 g / 0.5 oz): Total carbs: 1.3 g, Fiber: 0.5 g, **Net carbs: 0.8 g**,

Protein: 1 g, Fat: 1.7 g, Calories: 29 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes ~ 2 cups, 500g / 17.6 oz)

Classic yellow mustard

- 1 cup mustard powder (120 g / 4.2 oz)
- 1 medium or 2 small white onion (110 g / 3.9 oz)
- 2 cloves garlic
- 1/4 cup white [wine vinegar](#) (60 ml)
- 1/2 cup water (120 ml)
- 1 cup dry white wine OR 1/4 cup white [wine vinegar](#) + 3/4 cup water. Do not substitute wine if making [Dijon mustard](#)
- 1 tbsp [extra virgin olive oil](#)
- 1 tsp [pink Himalayan salt](#) or [sea salt](#)
- optional*: 5 drops [stevia](#) or more to taste

[Dijon mustard](#)

- same as *Classic yellow mustard* plus
- 2-5 dashes tabasco
- 1 tsp turmeric
- pinch of black or white pepper (*significantly improves absorption of turmeric*)

Wholegrain mustard

- same as *Classic yellow mustard* but
- only 1/2 cup mustard powder (60 g / 2.1 oz)
- 3/4 cup mustard seeds, whole (120 g / 4.2 oz) - *I used a mixture of yellow and brown*

Other options

- 1/4 cup fresh herbs: tarragon, basil, parsley, oregano, thyme, etc.
- 1-4 tbsp grated horseradish (depends on how spicy you like it)

Note: The garlic and onion are only used to infuse the wine, so I only counted 25% of the nutritional values for these ingredients. When looking for ingredients, try to get them in their most natural form

(*organic, without unnecessary additives*).

Instructions

Classic yellow & Dijon mustard:

- Peel and roughly chop the onion and garlic and place in a non-reactive saucepan. *What is a non-reactive saucepan? It's a saucepan made of a material that will not react with acidic ingredients. For example, stainless-steel is non-reactive, whereas copper is a reactive material that will easily become worn off if used with acidic ingredients (lemon juice, vinegar, etc.).*
- Pour in the white wine, white wine vinegar and water and bring to boil over medium heat. Simmer for just about 5 minutes.
- Cool, strain and discard the solids.
- Place the mustard powder into a saucepan and add the strained liquid. Mix until well combined. Cook over low-medium heat until it thickens.
- Add stevia (if used), extra virgin olive oil and season with salt. If you're making *Dijon mustard*, also add the turmeric and tabasco and blend in well.
- Place in a jar and keep refrigerated for up to 6 months. The mustard will taste best after a few weeks of "ageing".

Wholegrain mustard:

- Instead of 1 cup of mustard powder, use just half of it.
- In a blender, roughly chop the mustard seeds. Do not over process.
- Follow the same steps as for the yellow / Dijon mustard. Again, you will need to keep the mustard in the fridge for about 2 weeks before it's ready.

Other options

You can use freshly chopped herbs or grated horseradish. Simply

stir in when the mustard is done. The amount of horseradish depends on how strong you want the mustard to be. I like to use 2-3 tablespoons, which makes it quite spicy but not too hot. Keep in mind the flavour will change as you leave the mustard to age in the fridge and the spiciness will slightly drop.

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