



5 Flavored Butters

READY IN



45 min.

SERVINGS



2

CALORIES



872 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 0.3 cup bittersweet chocolate finely grated
- ☐ 1 tablespoon bourbon
- ☐ 0.5 cup butter softened
- ☐ 1 tablespoon smucker's cherry preserves
- ☐ 2 teaspoons candied ginger finely chopped
- ☐ 1 tablespoon dijon mustard
- ☐ 2 tablespoons evaporated cane juice
- ☐ 3 tablespoons chives fresh chopped

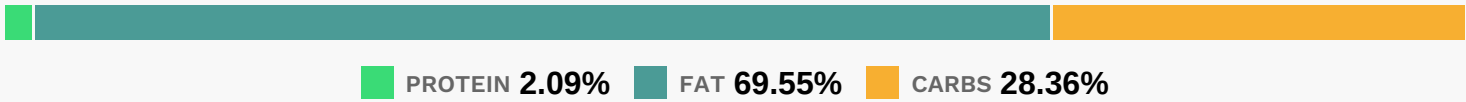
- ☐ 1 tablespoon spring onion minced
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons mango chutney
- ☐ 1 tablespoon orange zest
- ☐ 0.3 cup pecans toasted chopped
- ☐ 0.8 teaspoon peppercorns freshly ground
- ☐ 1 teaspoon poppy seeds

Equipment

Directions

- ☐ Stir these ingredients into a softened stick of butter.

Nutrition Facts



Properties

Glycemic Index:191.64, Glycemic Load:16.11, Inflammation Score:-8, Nutrition Score:14.43521733906%

Flavonoids

Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 872.44kcal (43.62%), Fat: 68.48g (105.36%), Saturated Fat: 35.23g (220.2%), Carbohydrates: 62.83g (20.94%), Net Carbohydrates: 57.45g (20.89%), Sugar: 48.57g (53.96%), Cholesterol: 123.32mg (41.11%), Sodium: 461.9mg (20.08%), Alcohol: 2.68g (100%), Alcohol %: 1.85% (100%), Caffeine: 18.81mg (6.27%), Protein: 4.64g (9.27%), Manganese: 1.49mg (74.71%), Vitamin A: 1692.04IU (33.84%), Copper: 0.59mg (29.55%), Vitamin K: 24.79µg (23.61%), Fiber: 5.39g (21.54%), Magnesium: 77.86mg (19.47%), Phosphorus: 155.37mg (15.54%), Iron:

2.61mg (14.52%), Vitamin C: 10.2mg (12.36%), Vitamin E: 1.84mg (12.26%), Zinc: 1.73mg (11.53%), Vitamin B1: 0.17mg (11.5%), Selenium: 6.7µg (9.57%), Calcium: 91.32mg (9.13%), Potassium: 317.63mg (9.08%), Vitamin B2: 0.1mg (5.93%), Folate: 18.79µg (4.7%), Vitamin B6: 0.08mg (4.15%), Vitamin B5: 0.38mg (3.8%), Vitamin B3: 0.59mg (2.96%), Vitamin B12: 0.14µg (2.26%)