



Almond-Raisin Butter



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



151 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.5 cup golden raisins
- ☐ 0.3 cup pinenuts sliced

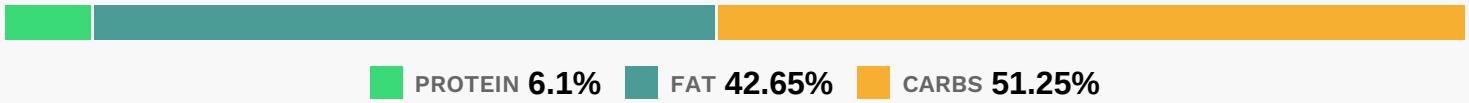
Equipment

- ☐ frying pan

Directions

- ☐
- Melt 1 tablespoon butter in a skillet over medium-high heat.
- ☐
- Add almonds; cook, stirring constantly, 5 minutes or until lightly browned. Stir in raisins; remove from heat.

Nutrition Facts



Properties

Glycemic Index:38.89, Glycemic Load:10.41, Inflammation Score:-2, Nutrition Score:4.1839130002519%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 150.83kcal (7.54%), Fat: 7.72g (11.88%), Saturated Fat: 2.73g (17.04%), Carbohydrates: 20.88g (6.96%), Net Carbohydrates: 18.95g (6.89%), Sugar: 14.64g (16.27%), Cholesterol: 10.03mg (3.34%), Sodium: 32.98mg (1.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.97%), Vitamin E: 2.1mg (14%), Manganese: 0.25mg (12.48%), Copper: 0.17mg (8.33%), Vitamin B2: 0.14mg (7.95%), Fiber: 1.92g (7.7%), Magnesium: 29.25mg (7.31%), Potassium: 237.6mg (6.79%), Phosphorus: 65.79mg (6.58%), Vitamin B6: 0.09mg (4.44%), Iron: 0.72mg (3.99%), Calcium: 34.55mg (3.46%), Vitamin B3: 0.56mg (2.78%), Vitamin A: 116.7IU (2.33%), Zinc: 0.32mg (2.14%), Vitamin B1: 0.02mg (1.19%), Vitamin K: 1.17µg (1.12%), Folate: 4.24µg (1.06%)