



Apricot Butter

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



384 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 0.3 cup apricots dried finely chopped
- ☐ 0.3 cup honey
- ☐ 0.5 teaspoon lemon rind grated

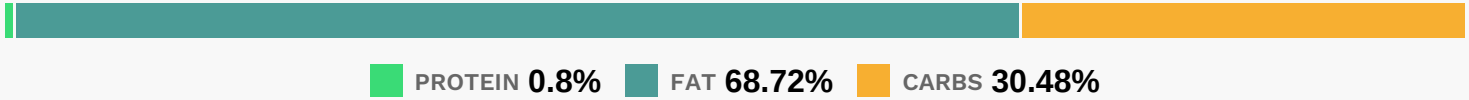
Equipment

- ☐ hand mixer

Directions

Beat butter at medium speed with an electric mixer until fluffy; add remaining ingredients, beating until blended. Chill, if desired.

Nutrition Facts



Properties

Glycemic Index:28.56, Glycemic Load:14.14, Inflammation Score:-8, Nutrition Score:3.3030435261519%

Nutrients (% of daily need)

Calories: 384.17kcal (19.21%), Fat: 30.51g (46.94%), Saturated Fat: 6.32g (39.5%), Carbohydrates: 30.45g (10.15%), Net Carbohydrates: 29.57g (10.75%), Sugar: 28.99g (32.21%), Cholesterol: 0mg (0%), Sodium: 359mg (15.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.6%), Vitamin A: 1743.9IU (34.88%), Vitamin E: 1.64mg (10.95%), Potassium: 156.78mg (4.48%), Fiber: 0.88g (3.53%), Manganese: 0.05mg (2.4%), Copper: 0.05mg (2.38%), Iron: 0.41mg (2.27%), Vitamin B2: 0.03mg (1.94%), Calcium: 19.45mg (1.94%), Phosphorus: 17.56mg (1.76%), Vitamin B3: 0.32mg (1.62%), Vitamin B6: 0.03mg (1.31%), Magnesium: 5.22mg (1.3%), Vitamin B5: 0.11mg (1.08%)