



Avocado Compound Butter

 Gluten Free

READY IN



190 min.

SERVINGS



8

CALORIES



78 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon freshly cilantro leaves chopped
- ☐ 1 garlic clove minced
- ☐ 2 teaspoons ground cumin
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 6 ounces avocado meat ripe
- ☐ 2 ounces butter unsalted softened

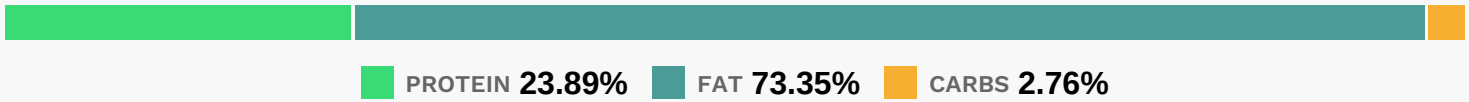
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking paper

Directions

- ☐ Peel and pit the avocados.
- ☐ Place all ingredients into the bowl of a food processor and process until well combined.
- ☐ Place mixture onto a sheet of parchment paper and shape into a log.
- ☐ Place in the refrigerator for 3 to 4 hours. Slice and serve with grilled fish or chicken.

Nutrition Facts



Properties

Glycemic Index:12.38, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:2.7095652248548%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 78.16kcal (3.91%), Fat: 6.42g (9.88%), Saturated Fat: 3.77g (23.57%), Carbohydrates: 0.54g (0.18%), Net Carbohydrates: 0.45g (0.16%), Sugar: 0.07g (0.08%), Cholesterol: 28.85mg (9.62%), Sodium: 26.41mg (1.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.71g (9.41%), Vitamin B3: 2.25mg (11.25%), Selenium: 6.96µg (9.94%), Vitamin B6: 0.17mg (8.38%), Phosphorus: 49.75mg (4.98%), Vitamin A: 193.91IU (3.88%), Vitamin B5: 0.32mg (3.17%), Potassium: 94.34mg (2.7%), Iron: 0.43mg (2.39%), Manganese: 0.04mg (1.98%), Magnesium: 7.89mg (1.97%), Vitamin B2: 0.03mg (1.54%), Vitamin E: 0.23mg (1.51%), Vitamin C: 1.15mg (1.39%), Vitamin B1: 0.02mg (1.23%), Zinc: 0.16mg (1.07%)