



Balsamic-Apricot Butter

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



131 kcal

SIDE DISH

Ingredients

- 2 tablespoons apricot preserves
- 1 tablespoon balsamic vinegar
- 0.3 cup butter
- 5 servings salt and pepper to taste

Equipment

- bowl
- microwave

Directions

- Microwave butter in a microwave-safe glass bowl at HIGH 30 to 45 seconds or until melted and hot. Stir in apricot preserves and balsamic vinegar. Season with salt and pepper to taste.
- *2 Tbsp. peach preserves may be substituted.

Nutrition Facts

 **PROTEIN 0.6%**  **FAT 82.4%**  **CARBS 17%**

Properties

Glycemic Index:20, Glycemic Load:0.28, Inflammation Score:-2, Nutrition Score:0.7439130405369%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 130.68kcal (6.53%), Fat: 12.29g (18.91%), Saturated Fat: 7.78g (48.62%), Carbohydrates: 5.71g (1.9%), Net Carbohydrates: 5.68g (2.07%), Sugar: 3.96g (4.4%), Cholesterol: 32.54mg (10.85%), Sodium: 295.03mg (12.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.2g (0.4%), Vitamin A: 394.58IU (7.89%), Vitamin E: 0.36mg (2.41%), Vitamin K: 1.06µg (1.01%)