



Barbecue Butter

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



1131 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons pepper black freshly ground
- ☐ 1 pound butter divided softened
- ☐ 2 tablespoons rosemary leaves fresh chopped
- ☐ 1.5 teaspoons thyme sprigs fresh chopped
- ☐ 8 garlic clove minced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon paprika

- ☐ 1.5 teaspoons salt
- ☐ 0.3 cup shallots finely chopped
- ☐ 1 teaspoon worcestershire sauce

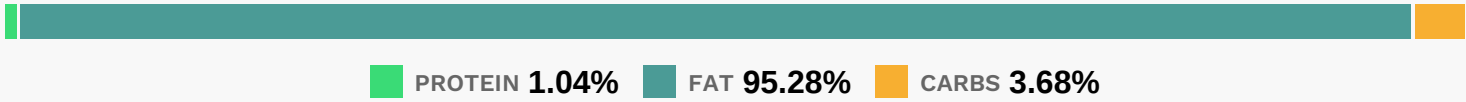
Equipment

- ☐ bowl
- ☐ blender
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Combine garlic and 1 tablespoon butter in a microwave-safe bowl. Cover with plastic wrap, microwave on high 2 minutes or until soft, and let cool. Repeat with shallots and 1 more tablespoon butter.
- ☐ Beat remaining butter at medium speed with a mixer until light and fluffy.
- ☐ Add garlic butter, shallot butter, and remaining ingredients; beat until combined. Form into a 1 1/2-inch-thick log. Chill until firm. (Remaining butter can be stored in the freezer for 1 month.)

Nutrition Facts



Properties

Glycemic Index:78, Glycemic Load:2.11, Inflammation Score:-10, Nutrition Score:11.876521742862%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 1130.78kcal (56.54%), Fat: 123.15g (189.47%), Saturated Fat: 77.84g (486.5%), Carbohydrates: 10.7g (3.57%), Net Carbohydrates: 8.24g (3%), Sugar: 2.95g (3.28%), Cholesterol: 325.07mg (108.36%), Sodium: 2167.8mg (94.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.06%), Vitamin A: 5058.28IU (101.17%), Vitamin E: 4.26mg (28.37%), Manganese: 0.41mg (20.55%), Vitamin K: 14.53µg (13.84%), Vitamin B6: 0.26mg (13.09%), Vitamin C: 10.71mg (12.98%), Fiber: 2.46g (9.83%), Calcium: 82.13mg (8.21%), Iron: 1.47mg (8.14%), Phosphorus: 77.39mg (7.74%), Potassium: 265.87mg (7.6%), Vitamin B2: 0.11mg (6.33%), Magnesium: 20.24mg (5.06%), Folate: 19.18µg (4.79%), Copper: 0.09mg (4.67%), Selenium: 3.19µg (4.56%), Vitamin B12: 0.26µg (4.28%), Vitamin B5: 0.39mg (3.91%), Vitamin B1: 0.05mg (3.54%), Zinc: 0.49mg (3.28%), Vitamin B3: 0.48mg (2.39%)