



Basil Butter

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



3 kcal

SIDE DISH

Ingredients

- 0.8 cup diet margarine
- 1 tablespoon basil fresh minced
- 1 garlic clove crushed

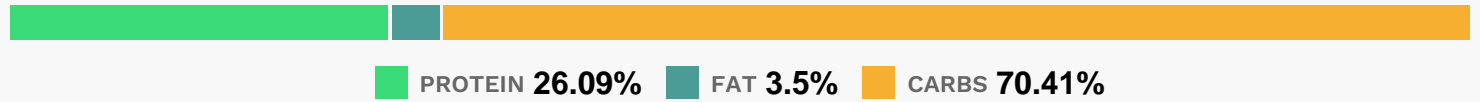
Equipment

Directions

- Melt butter over low heat. Stir in basil and garlic.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:0.66608695507697%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 3.35kcal (0.17%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0.01%), Carbohydrates: 0.63g (0.21%), Net Carbohydrates: 0.58g (0.21%), Sugar: 0.02g (0.02%), Cholesterol: 0mg (0%), Sodium: 3.84mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.23g (0.47%), Vitamin K: 4.18µg (3.98%), Manganese: 0.04mg (1.83%), Vitamin B2: 0.02mg (1.34%), Phosphorus: 11.7mg (1.17%), Vitamin A: 52.88IU (1.06%), Vitamin B6: 0.02mg (1.01%)