



Basil-Garlic Butter Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



409 kcal

SAUCE

Ingredients

- ☐ 1 cup butter melted
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 teaspoons garlic minced
- ☐ 4 servings salt

Equipment

- ☐ bowl

Directions

☐ Combine first 3 ingredients in a small bowl; season to taste with salt. Keep warm.

Nutrition Facts

PROTEIN 0.58%

FAT 98.89%

CARBS 0.53%

Properties

Glycemic Index:37.5, Glycemic Load:0.16, Inflammation Score:-6, Nutrition Score:2.6913043714088%

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: 409.36kcal (20.47%), Fat: 46.04g (70.83%), Saturated Fat: 29.17g (182.32%), Carbohydrates: 0.56g (0.19%), Net Carbohydrates: 0.51g (0.19%), Sugar: 0.05g (0.06%), Cholesterol: 122.01mg (40.67%), Sodium: 558.99mg (24.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.22%), Vitamin A: 1471.07IU (29.42%), Vitamin E: 1.33mg (8.84%), Vitamin K: 8.15µg (7.76%), Manganese: 0.04mg (1.85%), Calcium: 18.23mg (1.82%), Phosphorus: 16.48mg (1.65%), Vitamin B12: 0.1µg (1.61%), Vitamin B2: 0.02mg (1.28%), Selenium: 0.78µg (1.12%), Vitamin B6: 0.02mg (1.09%)