



Beehive Butter

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



1094 kcal

SIDE DISH

Ingredients

- 1.5 cups butter softened
- 3 servings garnishes: herbs fresh
- 1 pecan half
- 1 cup pecans toasted finely chopped
- 0.5 cup spicy brown mustard

Equipment

- knife
- spatula

Directions

- Stir together first 3 ingredients.
- Form butter mixture into a beehive shape. Smooth mound with a spatula or rounded knife. Form grooves around mound with tines of a fork. Insert pecan half near the base for a door; chill 2 hours or up to 2 days.
- Garnish, if desired.

Nutrition Facts

PROTEIN 2.17% **FAT 95.2%** **CARBS 2.63%**

Properties

Glycemic Index:57.33, Glycemic Load:0.34, Inflammation Score:-9, Nutrition Score:16.768260878065%

Flavonoids

Cyanidin: 3.95mg, Cyanidin: 3.95mg, Cyanidin: 3.95mg, Cyanidin: 3.95mg Delphinidin: 2.68mg, Delphinidin: 2.68mg, Delphinidin: 2.68mg, Delphinidin: 2.68mg Catechin: 2.66mg, Catechin: 2.66mg, Catechin: 2.66mg, Catechin: 2.66mg Epigallocatechin: 2.07mg, Epigallocatechin: 2.07mg, Epigallocatechin: 2.07mg, Epigallocatechin: 2.07mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epigallocatechin 3-gallate: 0.85mg, Epigallocatechin 3-gallate: 0.85mg, Epigallocatechin 3-gallate: 0.85mg, Epigallocatechin 3-gallate: 0.85mg

Nutrients (% of daily need)

Calories: 1093.86kcal (54.69%), Fat: 119.96g (184.55%), Saturated Fat: 60.72g (379.49%), Carbohydrates: 7.44g (2.48%), Net Carbohydrates: 2.09g (0.76%), Sugar: 2.12g (2.36%), Cholesterol: 244.02mg (81.34%), Sodium: 1186.39mg (51.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.17g (12.33%), Manganese: 1.85mg (92.6%), Vitamin A: 2991.94IU (59.84%), Copper: 0.48mg (24%), Selenium: 16.65µg (23.78%), Vitamin E: 3.31mg (22.06%), Vitamin B1: 0.33mg (21.84%), Fiber: 5.35g (21.4%), Phosphorus: 175.12mg (17.51%), Vitamin K: 18.16µg (17.29%), Magnesium: 68mg (17%), Zinc: 2.05mg (13.67%), Iron: 1.68mg (9.32%), Calcium: 82.68mg (8.27%), Potassium: 246.27mg (7.04%), Vitamin B2: 0.12mg (6.78%), Vitamin B5: 0.57mg (5.71%), Vitamin B6: 0.11mg (5.62%), Folate: 15.77µg (3.94%), Vitamin B3: 0.73mg (3.65%), Vitamin B12: 0.19µg (3.22%), Vitamin C: 0.93mg (1.13%)