



Blue Cheese and Chive Compound Butter

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



120 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1.5 ounces cheese blue crumbled at room temperature
- 2 tablespoons chives fresh finely chopped
- 1 teaspoon kosher salt
- 8 tablespoons butter unsalted at room temperature (1 stick)

Equipment

- bowl
- plastic wrap

spatula

Directions

- Place the butter in a medium bowl and mash it with a rubber spatula until it's very spreadable.
- Add the remaining ingredients and mix until thoroughly combined.
- Transfer the butter mixture to a sheet of plastic wrap. Shape it into a log by rolling it up in the plastic wrap, then twist the ends to seal.
- Place in the refrigerator to harden before using, at least 30 minutes.

Nutrition Facts

 PROTEIN 4.24%  FAT 94.96%  CARBS 0.8%

Properties

Glycemic Index:13, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:1.4213043632715%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 119.68kcal (5.98%), Fat: 12.89g (19.83%), Saturated Fat: 8.19g (51.18%), Carbohydrates: 0.25g (0.08%), Net Carbohydrates: 0.19g (0.07%), Sugar: 0.05g (0.06%), Cholesterol: 34.09mg (11.36%), Sodium: 353.4mg (15.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.59%), Vitamin A: 423.75IU (8.47%), Calcium: 32.85mg (3.28%), Vitamin K: 2.91µg (2.77%), Phosphorus: 24.56mg (2.46%), Vitamin E: 0.34mg (2.27%), Vitamin D: 0.24µg (1.58%), Vitamin B2: 0.03mg (1.54%), Vitamin B12: 0.09µg (1.48%), Selenium: 0.92µg (1.32%), Vitamin B5: 0.11mg (1.11%), Zinc: 0.16mg (1.07%), Manganese: 0.02mg (1.03%)