



Brown Sugar-Pecan-Mustard Butter



Vegetarian



Gluten Free



Low Fod Map

READY IN



26 min.

SERVINGS



10

CALORIES



123 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 0.5 cup butter softened
- ☐ 3 tablespoons dijon mustard
- ☐ 0.5 cup pecan halves

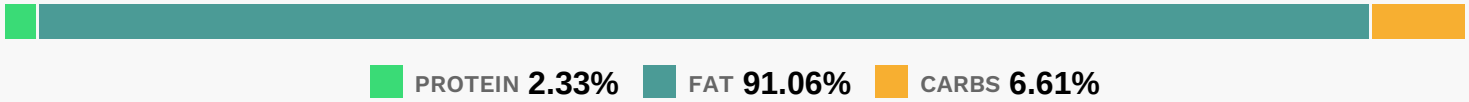
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Bake pecans in a single layer in a shallow pan 6 to 8 minutes or until toasted and fragrant, stirring halfway through. Cool 10 minutes. Pulse in a food processor until finely ground.
- ☐ Stir together butter and next 2 ingredients until sugar dissolves. Stir in ground pecans.
- ☐ Serve immediately, or chill until ready to serve.
- ☐ Let stand at room temperature 20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:9.2, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:1.9573912918568%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg

Nutrients (% of daily need)

Calories: 122.89kcal (6.14%), Fat: 12.92g (19.88%), Saturated Fat: 6.15g (38.44%), Carbohydrates: 2.11g (0.7%), Net Carbohydrates: 1.44g (0.52%), Sugar: 1.43g (1.59%), Cholesterol: 24.4mg (8.13%), Sodium: 122.82mg (5.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.49%), Manganese: 0.24mg (12.11%), Vitamin A: 289.6IU (5.79%), Copper: 0.06mg (3.16%), Vitamin B1: 0.04mg (2.78%), Fiber: 0.67g (2.67%), Selenium: 1.85µg (2.64%), Vitamin E: 0.35mg (2.32%), Phosphorus: 21.34mg (2.13%), Magnesium: 8.48mg (2.12%), Zinc: 0.26mg (1.76%), Iron: 0.21mg (1.15%)