



Caper, Tomato, and Olive Butter

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



240 kcal

SIDE DISH

Ingredients

- ☐ 3 fillet anchovy
- ☐ 0.3 cup bottled capers
- ☐ 2 tablespoons tomatoes dried packed in oil including a little bit of oil
- ☐ 1 tablespoon garlic minced
- ☐ 0.3 cup kalamata olives pitted
- ☐ 1 tablespoon oregano leaves fresh chopped
- ☐ 1 tablespoon parmesan cheese grated
- ☐ 0.5 cup butter unsalted softened

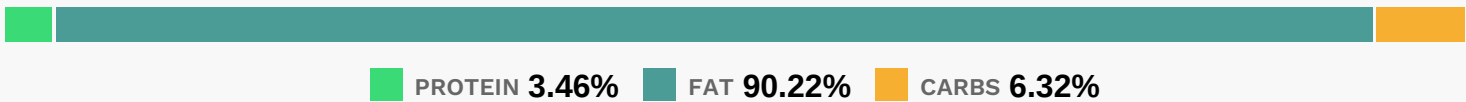
Equipment

- ☐ food processor
- ☐ plastic wrap
- ☐ spatula

Directions

- ☐ In a food processor, whirl together butter, garlic, and anchovies until smooth.
- ☐ Add remaining ingredients and pulse 3 times (you want the ingredients to be coated in butter but still in large chunks).
- ☐ Lay a piece of plastic wrap on a work surface. Using a rubber spatula, scrape butter lengthwise onto the plastic. Lift the top edge of the plastic up and over the butter to meet the bottom edge of the plastic.
- ☐ Roll butter toward you, evening it out into a log about 4 in. long. Twist ends of the plastic to seal. Chill until firm, about 30 minutes.
- ☐ Remove plastic wrap and slice off 1/4 in. portions (about 1 tbsp.) to serve over grilled steaks.
- ☐ Make Ahead: Up to 1 week (keep chilled), or up to 1 month (keep frozen, wrapped in several layers of plastic).

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:0.53, Inflammation Score:-9, Nutrition Score:4.7143478134404%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 14.37mg, Kaempferol: 14.37mg, Kaempferol: 14.37mg, Kaempferol: 14.37mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 18.91mg, Quercetin: 18.91mg, Quercetin: 18.91mg, Quercetin: 18.91mg

Nutrients (% of daily need)

Calories: 240.13kcal (12.01%), Fat: 25.03g (38.51%), Saturated Fat: 15.04g (93.98%), Carbohydrates: 3.95g (1.32%), Net Carbohydrates: 2.44g (0.89%), Sugar: 1.12g (1.24%), Cholesterol: 63.89mg (21.3%), Sodium: 465.93mg (20.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.32%), Vitamin A: 812.95IU (16.26%), Vitamin K:

13.7µg (13.05%), Vitamin E: 1.33mg (8.86%), Manganese: 0.15mg (7.74%), Fiber: 1.51g (6.04%), Iron: 1.05mg (5.86%), Calcium: 57.37mg (5.74%), Copper: 0.11mg (5.59%), Vitamin B3: 0.82mg (4.12%), Potassium: 138.04mg (3.94%), Magnesium: 15.5mg (3.87%), Selenium: 2.5µg (3.57%), Phosphorus: 35.2mg (3.52%), Vitamin B2: 0.06mg (3.44%), Vitamin D: 0.43µg (2.88%), Vitamin B6: 0.06mg (2.87%), Vitamin C: 2.1mg (2.55%), Folate: 8.69µg (2.17%), Zinc: 0.28mg (1.84%), Vitamin B1: 0.03mg (1.77%), Vitamin B12: 0.08µg (1.4%), Vitamin B5: 0.14mg (1.35%)