



Caramelized Onion-Herb Butter

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



166 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 1 cup butter softened
- 0.3 cup caramelized onions sweet minced
- 1 tablespoon chives fresh chopped
- 1 tablespoon flat-leaf parsley fresh chopped
- 1 garlic clove minced
- 0.1 teaspoon kosher salt
- 1 teaspoon lemon zest

Equipment

Directions

- Stir together butter, minced Caramelized Sweet Onions, chives, parsley, garlic, lemon zest, kosher salt, and pepper.

Nutrition Facts

PROTEIN 0.72% **FAT 97.52%** **CARBS 1.76%**

Properties

Glycemic Index:21.6, Glycemic Load:0.17, Inflammation Score:-4, Nutrition Score:1.5160869327576%

Flavonoids

Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 165.96kcal (8.3%), Fat: 18.42g (28.34%), Saturated Fat: 11.67g (72.95%), Carbohydrates: 0.75g (0.25%), Net Carbohydrates: 0.6g (0.22%), Sugar: 0.28g (0.32%), Cholesterol: 48.81mg (16.27%), Sodium: 175.57mg (7.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.61%), Vitamin A: 614.41IU (12.29%), Vitamin K: 8.86µg (8.44%), Vitamin E: 0.53mg (3.55%), Vitamin C: 1.49mg (1.81%)