



Casino Butter



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



476 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup parsley fresh chopped
- ☐ 4 green onions chopped
- ☐ 1 teaspoon hot sauce
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup bell pepper red chopped
- ☐ 0.8 teaspoon salt
- ☐ 1 pound butter unsalted softened
- ☐ 3 tablespoons white wine

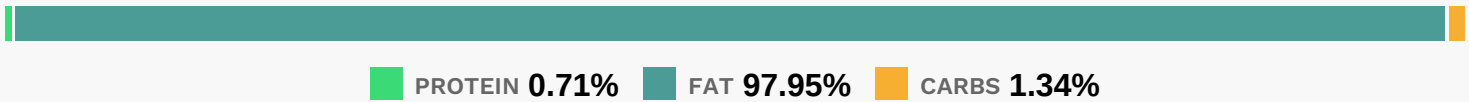
Equipment

- ☐ food processor
- ☐ oven
- ☐ grill

Directions

- ☐ Pulse first 5 ingredients in a food processor until combined.
- ☐ Add remaining ingredients; process until well blended, stopping to scrape down sides.
- ☐ Spread mixture on French bread slices; bake or grill until toasted. Cover; refrigerate or freeze remaining butter.

Nutrition Facts



Properties

Glycemic Index:15.86, Glycemic Load:0.25, Inflammation Score:-8, Nutrition Score:7.5221739022628%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 6.16mg, Apigenin: 6.16mg, Apigenin: 6.16mg, Apigenin: 6.16mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 475.95kcal (23.8%), Fat: 52.63g (80.97%), Saturated Fat: 33.3g (208.11%), Carbohydrates: 1.62g (0.54%), Net Carbohydrates: 1.19g (0.43%), Sugar: 0.7g (0.78%), Cholesterol: 139.32mg (46.44%), Sodium: 274.73mg (11.94%), Alcohol: 0.66g (100%), Alcohol %: 0.9% (100%), Protein: 0.85g (1.71%), Vitamin K: 65.97µg (62.83%), Vitamin A: 2151.71IU (43.03%), Vitamin C: 16.26mg (19.71%), Vitamin E: 1.68mg (11.21%), Vitamin D: 0.97µg (6.48%), Folate: 14.89µg (3.72%), Calcium: 25.96mg (2.6%), Phosphorus: 23.15mg (2.32%), Vitamin B2: 0.04mg (2.26%), Potassium: 75.13mg (2.15%), Iron: 0.35mg (1.93%), Vitamin B12: 0.11µg (1.84%), Vitamin B6: 0.04mg (1.77%),

Manganese: 0.04mg (1.75%), Fiber: 0.44g (1.74%), Magnesium: 5.88mg (1.47%), Vitamin B5: 0.12mg (1.19%), Copper: 0.02mg (1.14%), Selenium: 0.71µg (1.01%)