



Chipotle Butter



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



277 kcal

SIDE DISH

Ingredients

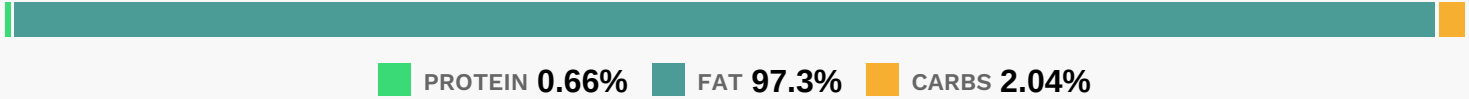
- ☐ 0.5 cup butter softened
- ☐ 1 tablespoon chipotle pepper in adobo sauce canned finely chopped
- ☐ 2 tablespoons chives fresh finely chopped
- ☐ 2 tablespoons cilantro leaves fresh finely chopped
- ☐ 1 teaspoon lime zest
- ☐ 1 teaspoon pepper freshly ground

Equipment

Directions

☐ Stir together 1/2 cup butter, softened; 2 Tbsp. each finely chopped fresh cilantro and chives; 1 Tbsp. finely chopped canned chipotle pepper in adobo sauce; 1 tsp. lime zest; and 1 tsp. freshly ground pepper.

Nutrition Facts



Properties

Glycemic Index:63.67, Glycemic Load:0.13, Inflammation Score:-5, Nutrition Score:2.4443478189085%

Flavonoids

Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 277.13kcal (13.86%), Fat: 30.72g (47.26%), Saturated Fat: 19.46g (121.62%), Carbohydrates: 1.45g (0.48%), Net Carbohydrates: 0.7g (0.26%), Sugar: 0.41g (0.46%), Cholesterol: 81.34mg (27.11%), Sodium: 243.65mg (10.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.93%), Vitamin A: 1054.74IU (21.09%), Vitamin K: 8.83µg (8.41%), Vitamin E: 0.9mg (5.98%), Manganese: 0.09mg (4.68%), Fiber: 0.74g (2.98%), Vitamin C: 1.43mg (1.73%), Calcium: 14.27mg (1.43%), Iron: 0.23mg (1.29%), Phosphorus: 11.54mg (1.15%), Vitamin B12: 0.06µg (1.07%)