



Chive Butter

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



163 kcal

SIDE DISH

Ingredients

- 2 small bunches chives
- 0.5 teaspoon juice of lemon fresh
- 0.3 bunch parsley fresh italian coarsely chopped (flat-leaf)
- 10 servings salt
- 0.5 pound butter unsalted (2 sticks)

Equipment

- bowl

Directions

- Follow the instructions for making Red Pepper Butter, processing the combined ingredients for 45 seconds to 1 minute, scraping down the sides of the bowl as necessary.
- Form the butter into logs.

Nutrition Facts

PROTEIN 0.61% **FAT 99%** **CARBS 0.39%**

Properties

Glycemic Index:7.7, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:2.743913040213%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 163.41kcal (8.17%), Fat: 18.41g (28.33%), Saturated Fat: 11.65g (72.83%), Carbohydrates: 0.16g (0.05%), Net Carbohydrates: 0.09g (0.03%), Sugar: 0.04g (0.04%), Cholesterol: 48.76mg (16.25%), Sodium: 197.36mg (8.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.51%), Vitamin K: 33.17µg (31.59%), Vitamin A: 735.54IU (14.71%), Vitamin E: 0.54mg (3.61%), Vitamin C: 2.74mg (3.32%), Vitamin D: 0.34µg (2.27%)