

Chocolate-Cherry Butter



Gluten Free

READY IN

ready

45 min.

SERVINGS

servings

2

CALORIES

calories

563 kcal

SIDE DISH

Ingredients



0.3 teaspoon almond extract



0.3 cup semisweet chocolate baking bar finely grated



0.5 cup butter softened



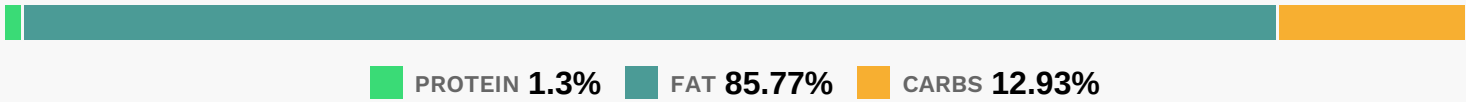
1 tablespoon smucker's cherry preserves

Equipment

Directions

Stir chocolate, cherry jam, and almond extract into softened butter.

Nutrition Facts



Properties

Glycemic Index:52.5, Glycemic Load:3.75, Inflammation Score:-7, Nutrition Score:5.66260875308%

Nutrients (% of daily need)

Calories: 562.79kcal (28.14%), Fat: 54.41g (83.71%), Saturated Fat: 33.99g (212.44%), Carbohydrates: 18.45g (6.15%), Net Carbohydrates: 16.59g (6.03%), Sugar: 12.98g (14.42%), Cholesterol: 123.32mg (41.11%), Sodium: 370.33mg (16.1%), Alcohol: 0.17g (100%), Alcohol %: 0.24% (100%), Caffeine: 18.81mg (6.27%), Protein: 1.86g (3.72%), Vitamin A: 1429.12IU (28.58%), Manganese: 0.29mg (14.75%), Copper: 0.28mg (14.17%), Magnesium: 40.1mg (10.02%), Vitamin E: 1.46mg (9.72%), Iron: 1.44mg (8.02%), Fiber: 1.86g (7.44%), Phosphorus: 72.43mg (7.24%), Vitamin K: 5.55µg (5.28%), Zinc: 0.64mg (4.25%), Potassium: 146.09mg (4.17%), Selenium: 2.61µg (3.72%), Calcium: 29.24mg (2.92%), Vitamin B12: 0.14µg (2.26%), Vitamin B2: 0.04mg (2.24%), Vitamin B5: 0.13mg (1.3%), Vitamin C: 0.88mg (1.07%), Vitamin B3: 0.21mg (1.06%)