



Cilantro Butter



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



417 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 4 garlic cloves pressed

Equipment

Directions

- ☐ Stir together all ingredients.

Nutrition Facts

PROTEIN 0.88% FAT 96.71% CARBS 2.41%

Properties

Glycemic Index:31, Glycemic Load:0.56, Inflammation Score:-8, Nutrition Score:4.0047826637392%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 417.43kcal (20.87%), Fat: 45.72g (70.34%), Saturated Fat: 9.48g (59.27%), Carbohydrates: 2.57g (0.86%), Net Carbohydrates: 2.39g (0.87%), Sugar: 0.08g (0.09%), Cholesterol: 0mg (0%), Sodium: 537.09mg (23.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.87%), Vitamin A: 2165.45IU (43.31%), Vitamin E: 1.81mg (12.09%), Vitamin K: 6.3µg (6%), Manganese: 0.11mg (5.44%), Vitamin B6: 0.08mg (4.12%), Vitamin C: 2.53mg (3.06%), Calcium: 29.23mg (2.92%), Phosphorus: 23.19mg (2.32%), Vitamin B2: 0.03mg (1.81%), Potassium: 58.31mg (1.67%), Vitamin B1: 0.02mg (1.27%), Selenium: 0.87µg (1.24%), Copper: 0.02mg (1.12%)