



Cilantro-Lime Butter

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



408 kcal

SIDE DISH

Ingredients

- 0.5 cup butter softened
- 1 tablespoon cilantro leaves fresh chopped
- 1 teaspoon juice of lime fresh
- 1 teaspoon lime rind grated

Equipment

Directions

Stir together all ingredients until blended.

Nutrition Facts

PROTEIN 0.48% **FAT 99.18%** **CARBS 0.34%**

Properties

Glycemic Index:57, Glycemic Load:0.04, Inflammation Score:-6, Nutrition Score:2.3160869443546%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 407.87kcal (20.39%), Fat: 46.03g (70.81%), Saturated Fat: 29.17g (182.31%), Carbohydrates: 0.36g (0.12%), Net Carbohydrates: 0.31g (0.11%), Sugar: 0.09g (0.11%), Cholesterol: 122.01mg (40.67%), Sodium: 365.06mg (15.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (1.01%), Vitamin A: 1433.43IU (28.67%), Vitamin E: 1.33mg (8.86%), Vitamin K: 4.61µg (4.39%), Vitamin B12: 0.1µg (1.61%), Calcium: 14.43mg (1.44%), Phosphorus: 14.25mg (1.42%), Vitamin C: 1.1mg (1.33%), Vitamin B2: 0.02mg (1.19%)