

Cinnabutter

 Vegetarian  Gluten Free  Low Fod Map

READY IN



5 min.

SERVINGS



16

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup butter softened
- 2 tablespoons powdered sugar
- 0.8 teaspoon ground cinnamon
- 1 dash nutmeg

Equipment

- bowl

Directions

In a medium bowl, beat together butter, sugar, cinnamon and nutmeg until light and creamy.

Nutrition Facts

PROTEIN 0.47% **FAT 95.44%** **CARBS 4.09%**

Properties

Glycemic Index:7.81, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:0.61086956541175%

Nutrients (% of daily need)

Calories: 106.17kcal (5.31%), Fat: 11.53g (17.74%), Saturated Fat: 7.31g (45.68%), Carbohydrates: 1.11g (0.37%), Net Carbohydrates: 1.05g (0.38%), Sugar: 1.01g (1.12%), Cholesterol: 30.5mg (10.17%), Sodium: 91.26mg (3.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.26%), Vitamin A: 354.89IU (7.1%), Vitamin E: 0.33mg (2.21%)