



Cinnamon Butter



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



423 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 tablespoons powdered sugar sifted
- ☐ 1 cup butter unsalted softened

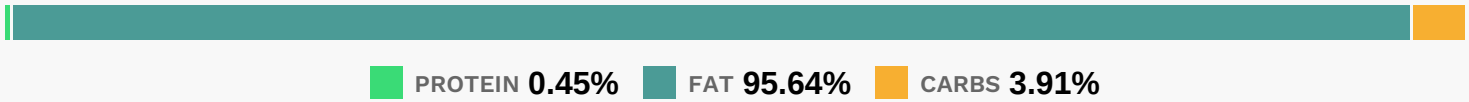
Equipment

- ☐ mixing bowl

Directions

Combine all ingredients in a small mixing bowl; beat well.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:2.5886955896959%

Nutrients (% of daily need)

Calories: 423.08kcal (21.15%), Fat: 46.03g (70.82%), Saturated Fat: 29.15g (182.2%), Carbohydrates: 4.23g (1.41%), Net Carbohydrates: 4.09g (1.49%), Sugar: 3.95g (4.39%), Cholesterol: 122.01mg (40.67%), Sodium: 6.35mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.98%), Vitamin A: 1418.92IU (28.38%), Vitamin E: 1.32mg (8.82%), Vitamin D: 0.85µg (5.68%), Vitamin K: 4.05µg (3.86%), Manganese: 0.05mg (2.3%), Calcium: 16.17mg (1.62%), Vitamin B12: 0.1µg (1.61%), Phosphorus: 13.78mg (1.38%), Vitamin B2: 0.02mg (1.19%)