



Citrus Butter



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



423 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 teaspoon lime rind grated
- ☐ 2 tablespoons orange juice fresh
- ☐ 1 teaspoon orange rind grated

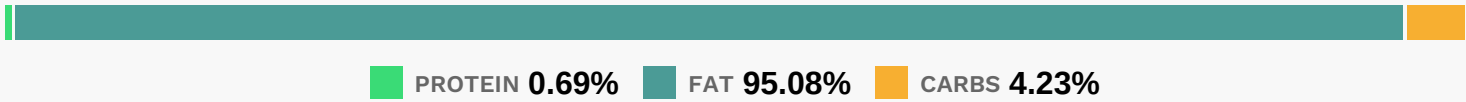
Equipment

- ☐ paper towels
- ☐ sieve
- ☐ hand mixer

Directions

- ☐ Stir rinds into boiling water; pour through a wire-mesh strainer.
- ☐ Drain on paper towels.
- ☐ Beat butter at medium speed with an electric mixer until creamy; gradually add juices, beating until blended. Stir in rinds. Chill.

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:0.94, Inflammation Score:-7, Nutrition Score:4.0491304436456%

Flavonoids

Eriodictyol: 1.09mg, Eriodictyol: 1.09mg, Eriodictyol: 1.09mg, Eriodictyol: 1.09mg Hesperetin: 5.98mg, Hesperetin: 5.98mg, Hesperetin: 5.98mg, Hesperetin: 5.98mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 423.34kcal (21.17%), Fat: 46.11g (70.94%), Saturated Fat: 29.18g (182.39%), Carbohydrates: 4.61g (1.54%), Net Carbohydrates: 4.24g (1.54%), Sugar: 2.15g (2.39%), Cholesterol: 122.01mg (40.67%), Sodium: 365.63mg (15.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.51%), Vitamin A: 1465.78IU (29.32%), Vitamin C: 21.75mg (26.36%), Vitamin E: 1.39mg (9.24%), Vitamin K: 4.09µg (3.89%), Folate: 11.81µg (2.95%), Potassium: 85.36mg (2.44%), Calcium: 21.77mg (2.18%), Phosphorus: 20.32mg (2.03%), Vitamin B1: 0.03mg (1.84%), Vitamin B2: 0.03mg (1.81%), Vitamin B12: 0.1µg (1.61%), Fiber: 0.38g (1.52%), Vitamin B5: 0.14mg (1.43%), Magnesium: 5.53mg (1.38%), Vitamin B6: 0.03mg (1.25%)