



Citrus-Chile Butter



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



166 kcal

SIDE DISH

Ingredients

- ☐ 1 cup butter softened
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 1 tablespoon jalapeno minced seeded
- ☐ 2 tablespoons lemon zest
- ☐ 2 tablespoons lime zest
- ☐ 10 servings salt and pepper freshly ground to taste

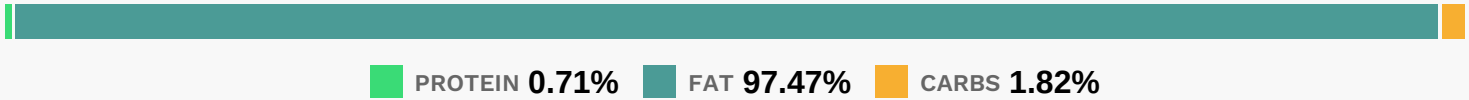
Equipment

plastic wrap

Directions

Stir together butter, lime zest, lemon zest, minced garlic, jalapeo pepper, and chopped fresh thyme. Season with salt and freshly ground pepper to taste. Cover and chill until ready to serve, or shape into a log with plastic wrap, and freeze up to 1 month.

Nutrition Facts



Properties

Glycemic Index:18.9, Glycemic Load:0.15, Inflammation Score:-5, Nutrition Score:1.4243478237287%

Flavonoids

Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 165.66kcal (8.28%), Fat: 18.43g (28.35%), Saturated Fat: 11.67g (72.95%), Carbohydrates: 0.78g (0.26%), Net Carbohydrates: 0.53g (0.19%), Sugar: 0.15g (0.17%), Cholesterol: 48.81mg (16.27%), Sodium: 340.06mg (14.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.6%), Vitamin A: 594.23IU (11.88%), Vitamin C: 4.28mg (5.18%), Vitamin E: 0.59mg (3.91%), Vitamin K: 1.89µg (1.8%), Vitamin B6: 0.02mg (1.07%), Manganese: 0.02mg (1.03%), Calcium: 10.19mg (1.02%)