



Citrus Hemp Butter Spread



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



265 kcal

CONDIMENT

DIP

SPREAD

Ingredients



1 serving cinnamon to taste



2 Tbsp squeezed orange juice fresh



2 Tbsp hemp seed butter

Equipment

Directions

Mix hemp seed butter with orange juice and add cinnamon, nutmeg or cardamom to taste.Slather on toast, rice cakes, or apples and enjoy!

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:1.82, Inflammation Score:-2, Nutrition Score:2.3317391452096%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 4.06mg, Hesperetin: 4.06mg, Hesperetin: 4.06mg, Hesperetin: 4.06mg Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 264.74kcal (13.24%), Fat: 27.72g (42.65%), Saturated Fat: 1.98g (12.4%), Carbohydrates: 4.22g (1.41%), Net Carbohydrates: 3.87g (1.41%), Sugar: 2.86g (3.17%), Cholesterol: 0mg (0%), Sodium: 0.52mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.69%), Vitamin C: 17.21mg (20.86%), Manganese: 0.28mg (14.24%), Folate: 10.2µg (2.55%), Potassium: 79.19mg (2.26%), Vitamin B1: 0.03mg (2.17%), Magnesium: 6.03mg (1.51%), Fiber: 0.35g (1.39%), Vitamin A: 68IU (1.36%), Iron: 0.21mg (1.15%)