



Flavored Butters

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



1010 kcal

SIDE DISH

Ingredients

- 1 tablespoon dijon mustard
- 1 cup cilantro leaves fresh
- 2 tablespoons herbs: rosemary fresh
- 2 garlic clove
- 0.3 cup almond flour finely
- 1 juice of lime
- 2 teaspoons orange juice
- 0.5 cup butter unsalted room temperature

Equipment

Nutrition Facts

PROTEIN 3.32% FAT 91.4% CARBS 5.28%

Properties

Glycemic Index:178, Glycemic Load:1.47, Inflammation Score:-10, Nutrition Score:17.332608695652%

Flavonoids

Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg Hesperetin: 4.36mg, Hesperetin: 4.36mg, Hesperetin: 4.36mg, Hesperetin: 4.36mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 17.24mg, Apigenin: 17.24mg, Apigenin: 17.24mg, Apigenin: 17.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 1.29mg, Myricetin: 1.29mg, Myricetin: 1.29mg, Myricetin: 1.29mg Quercetin: 8.78mg, Quercetin: 8.78mg, Quercetin: 8.78mg, Quercetin: 8.78mg

Nutrients (% of daily need)

Calories: 1010.44kcal (50.52%), Fat: 106.65g (164.08%), Saturated Fat: 59.34g (370.9%), Carbohydrates: 13.86g (4.62%), Net Carbohydrates: 9.26g (3.37%), Sugar: 3.21g (3.57%), Cholesterol: 244.03mg (81.34%), Sodium: 191.09mg (8.31%), Protein: 8.72g (17.44%), Vitamin K: 189.27µg (180.25%), Vitamin A: 4644.16IU (92.88%), Vitamin C: 32.89mg (39.87%), Vitamin E: 3.22mg (21.48%), Fiber: 4.6g (18.4%), Calcium: 133.85mg (13.38%), Manganese: 0.26mg (12.79%), Iron: 2.26mg (12.53%), Vitamin D: 1.7µg (11.35%), Selenium: 7.28µg (10.4%), Folate: 33.92µg (8.48%), Potassium: 264.58mg (7.56%), Phosphorus: 71.52mg (7.15%), Vitamin B6: 0.14mg (6.81%), Magnesium: 23.07mg (5.77%), Vitamin B2: 0.1mg (5.74%), Vitamin B1: 0.08mg (5.58%), Copper: 0.11mg (5.47%), Vitamin B5: 0.39mg (3.92%), Vitamin B12: 0.19µg (3.22%), Zinc: 0.46mg (3.1%), Vitamin B3: 0.55mg (2.77%)