

Flavoured butters



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



76 kcal

SIDE DISH

Ingredients

- ☐ 100 g butter softened
- ☐ 2 tbsp herbs mixed fresh chopped (parsley, chervil, dill, marjoram, basil)
- ☐ 10 servings salt and pepper black freshly ground to taste
- ☐ 1 tsp tarragon fresh chopped (remember this is very strong)
- ☐ 1 tbsp wholegrain mustard
- ☐ 1 tbsp cider vinegar
- ☐ 2 tbsp mint leaves fresh chopped
- ☐ 1 tbsp shallots finely chopped

- ☐ 2 tbsp chives fresh chopped
- ☐ 3 tbsp parsley fresh chopped
- ☐ 2 tsp lemon zest finely grated
- ☐ 10 servings salt to taste
- ☐ 0.5 tsp chilli flakes dried crushed
- ☐ 2 tbsp pickled dill cucumber finely chopped
- ☐ 3 tbsp optional: dill fresh chopped

Equipment

Directions

- ☐ Take 100g/4oz softened butter and beat until creamy, then for...
- ☐ Herby butter: stir in 2–3 tbsp chopped fresh mixed herbs (parsley, chervil, dill, marjoram, basil) and salt and freshly ground black pepper to taste.
- ☐ Tarragon and wholegrain mustard butter: stir in 1 tsp chopped fresh tarragon (remember this is very strong) and 1–2 tbsp wholegrain mustard, plus salt and freshly ground black pepper to taste.
- ☐ Mint and cider butter: gradually beat in 1 tbsp cider vinegar, then 2 tbsp chopped fresh mint and salt and freshly ground black pepper to taste.
- ☐ Chive and shallot butter: stir in 1 tbsp finely chopped shallots and 2 tbsp chopped fresh chives, plus salt and freshly ground black pepper to taste.
- ☐ Parsley, lemon and chilli butter: stir in 3 tbsp chopped fresh parsley, 2 tsp finely grated lemon zest, salt to taste and tsp crushed, dried chilli flakes.
- ☐ Dill butter: stir in 2 tbsp finely chopped pickled dill cucumber or gherkins and 3 tbsp chopped fresh dill, plus salt and freshly ground black pepper to taste.
- ☐ After mixing, have the flavoured butters handy in the fridge or freezer ready for slicing.
- ☐ Roll them into logs in wet greaseproof paper and chill until firm. Rewrap in cling film and twist each end to seal. Will keep in the fridge for 4–5 days or in the freezer for up to 3 months.

Nutrition Facts



 PROTEIN **1.71%**  FAT **94.54%**  CARBS **3.75%**

Properties

Glycemic Index:39.3, Glycemic Load:0.14, Inflammation Score:-4, Nutrition Score:2.7843478179496%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Apigenin: 4.11mg, Apigenin: 4.11mg, Apigenin: 4.11mg, Apigenin: 4.11mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 76.01kcal (3.8%), Fat: 8.22g (12.64%), Saturated Fat: 5.16g (32.22%), Carbohydrates: 0.73g (0.24%), Net Carbohydrates: 0.42g (0.15%), Sugar: 0.16g (0.18%), Cholesterol: 21.5mg (7.17%), Sodium: 277.87mg (12.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.67%), Vitamin K: 33.44µg (31.85%), Vitamin A: 503.33IU (10.07%), Vitamin C: 3.83mg (4.64%), Manganese: 0.05mg (2.61%), Vitamin E: 0.29mg (1.96%), Iron: 0.28mg (1.56%), Folate: 5.46µg (1.37%), Fiber: 0.32g (1.27%), Calcium: 11.44mg (1.14%)