



Garlic Butter Sauce

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



61 kcal

SAUCE

Ingredients

- 3 tablespoons butter
- 1 garlic clove minced
- 5 servings salt and pepper to taste

Equipment

- microwave
- measuring cup

Directions

- Microwave all ingredients in a microwave-safe measuring cup at HIGH 30 seconds; stir. Continue to microwave at HIGH, stirring at 15-second intervals, until butter is melted.

Nutrition Facts

PROTEIN 0.7% **FAT 98%** **CARBS 1.3%**

Properties

Glycemic Index:16, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:0.40869563834175%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 61.12kcal (3.06%), Fat: 6.82g (10.49%), Saturated Fat: 4.32g (26.99%), Carbohydrates: 0.2g (0.07%), Net Carbohydrates: 0.19g (0.07%), Sugar: 0.01g (0.01%), Cholesterol: 18.06mg (6.02%), Sodium: 247.9mg (10.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.11g (0.22%), Vitamin A: 209.97IU (4.2%), Vitamin E: 0.2mg (1.3%)