



Garlic Butter Sauce I

 Vegetarian  Gluten Free

READY IN

ready

45 min.

SERVINGS

servings

1

CALORIES

calories

560 kcal

SAUCE

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.3 tablespoon basil dried
- ☐ 1 clove garlic crushed
- ☐ 2 teaspoons oregano dried

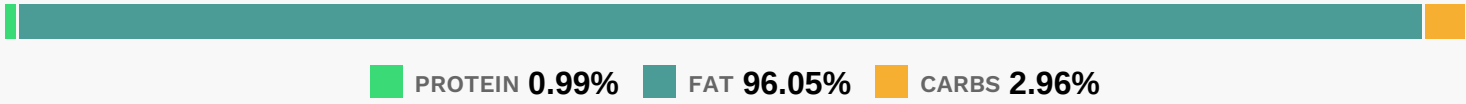
Equipment

- ☐ sauce pan

Directions

- ☐ In a small saucepan melt butter, add garlic and saute until cooked.
- ☐ Add dried oregano and dried basil and stir until heated through.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:85, Glycemic Load:0.35, Inflammation Score:-10, Nutrition Score:8.2465217942777%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 559.93kcal (28%), Fat: 61.59g (94.76%), Saturated Fat: 38.98g (243.62%), Carbohydrates: 4.27g (1.42%), Net Carbohydrates: 2.13g (0.78%), Sugar: 0.26g (0.28%), Cholesterol: 162.68mg (54.23%), Sodium: 488.81mg (21.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.85%), Vitamin K: 47.36µg (45.11%), Vitamin A: 1966.66IU (39.33%), Manganese: 0.35mg (17.39%), Vitamin E: 2.6mg (17.3%), Iron: 2.44mg (13.53%), Calcium: 109.87mg (10.99%), Fiber: 2.14g (8.56%), Magnesium: 20.17mg (5.04%), Vitamin B6: 0.09mg (4.73%), Folate: 14.94µg (3.73%), Vitamin B2: 0.06mg (3.66%), Phosphorus: 31.41mg (3.14%), Potassium: 106.89mg (3.05%), Copper: 0.06mg (2.76%), Vitamin B12: 0.13µg (2.14%), Selenium: 1.39µg (1.99%), Zinc: 0.28mg (1.88%), Vitamin B5: 0.15mg (1.46%), Vitamin B3: 0.29mg (1.44%), Vitamin C: 1.04mg (1.26%), Vitamin B1: 0.02mg (1.18%)