



## Garlic-Herb Butter

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



221 kcal

SIDE DISH

### Ingredients

- 6 servings pepper black freshly ground to taste
- 5.2 oz buttery garlic-and-herb spreadable cheese softened (such as Boursin)
- 0.5 cup butter softened
- 2 teaspoons curly leaf parsley minced
- 6 servings sea salt to taste

### Equipment

## Directions

Stir together cheese, butter, parsley, and sea salt and freshly ground black pepper to taste.

## Nutrition Facts

**PROTEIN 2.17%** **FAT 93.96%** **CARBS 3.87%**

## Properties

Glycemic Index:19, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:0.80739132995191%

## Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg

## Nutrients (% of daily need)

Calories: 221.35kcal (11.07%), Fat: 23.89g (36.75%), Saturated Fat: 14.53g (90.83%), Carbohydrates: 2.21g (0.74%), Net Carbohydrates: 2.19g (0.8%), Sugar: 0.01g (0.01%), Cholesterol: 67.38mg (22.46%), Sodium: 448.99mg (19.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.48%), Vitamin A: 476.08IU (9.52%), Vitamin E: 0.44mg (2.93%), Vitamin K: 2.03µg (1.94%)