



Garlic-Herb Spread



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



254 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 2 tablespoons herbs mixed fresh chopped (such as basil, chives, thyme, or parsley)
- ☐ 2 garlic cloves minced
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.3 teaspoon salt

Equipment

Directions

☐ Combine ingredients. Cover and chill until ready to use.

Nutrition Facts

PROTEIN 0.61%

FAT 98.41%

CARBS 0.98%

Properties

Glycemic Index:28, Glycemic Load:0.17, Inflammation Score:-5, Nutrition Score:3.4717390997254%

Flavonoids

Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 254.14kcal (12.71%), Fat: 28.44g (43.75%), Saturated Fat: 15.33g (95.84%), Carbohydrates: 0.64g (0.21%), Net Carbohydrates: 0.54g (0.2%), Sugar: 0.05g (0.05%), Cholesterol: 61.01mg (20.34%), Sodium: 329.28mg (14.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.79%), Vitamin K: 38.06µg (36.25%), Vitamin A: 877.71IU (17.55%), Vitamin E: 1.45mg (9.68%), Vitamin C: 3.13mg (3.79%), Manganese: 0.03mg (1.43%), Calcium: 12.43mg (1.24%), Vitamin B6: 0.02mg (1.06%), Iron: 0.19mg (1.04%), Phosphorus: 10.27mg (1.03%)