

SIDE DISH

Garlic-Lemon Butter

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	2	\$0.54	412 kcal

Garlic-Lemon Butter requires approximately 45 minutes from start to finish. Watching your figure? This gluten free, dairy free, and whole 30 recipe has 412 calories, 1g of protein, and 46g of fat per serving. For 54 cents per serving, this recipe covers 3% of your daily requirements of vitamins and...

Ingredients

- ☐ 2 servings Whole Cooked Artichokes
- ☐ 1/2 cup butter or margarine, softened
- ☐ 1 garlic clove, minced
- ☐ 1/4 teaspoon salt
- ☐ 1/4 teaspoon freshly ground black pepper
- ☐ 1 teaspoon minced fresh parsley
- ☐ 2 teaspoons grated lemon rind

EQUIPMENT Sauce pan

Method

- 1

Cook all ingredients in a saucepan over low heat, stirring until butter melts and mixture is thoroughly heated.
- 2

Serve with Whole Cooked Artichokes.

Nutrition per serving

412

KCAL

1 g

PROTEIN

46 g

FAT

2 g

CARBS

Saturated Fat

9.5 g · 59% of daily needs

Fibre

0.4 g · 1% of daily needs

Sugar

0.1 g · 0% of daily needs

Sodium

827 mg · 36% of daily needs

Cholesterol

0 mg · 0% of daily needs

Vitamin C

3.4 mg · 4% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/garlic-lemon-butter-148373