



Ginger-Scallion Butter



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



103 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon ginger fresh finely grated peeled
- ☐ 4 servings salt and pepper freshly ground
- ☐ 2 scallions minced thinly sliced
- ☐ 4 tablespoons butter unsalted at room temperature

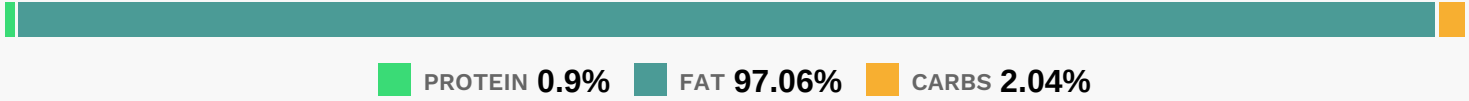
Equipment

- ☐ bowl

Directions

☐ In a small bowl, beat the butter with the scallions, grated ginger, salt and pepper.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.1, Inflammation Score:-3, Nutrition Score:1.48999999946356%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 102.7kcal (5.14%), Fat: 11.37g (17.49%), Saturated Fat: 7.19g (44.97%), Carbohydrates: 0.54g (0.18%), Net Carbohydrates: 0.37g (0.14%), Sugar: 0.16g (0.17%), Cholesterol: 30.1mg (10.03%), Sodium: 196.35mg (8.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.48%), Vitamin K: 13.4µg (12.76%), Vitamin A: 409.68IU (8.19%), Vitamin E: 0.36mg (2.39%), Vitamin C: 1.15mg (1.4%), Vitamin D: 0.21µg (1.4%), Folate: 4.32µg (1.08%)