



## Herb Butter

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



421 kcal

SIDE DISH

## Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 cup butter softened
- 1 tablespoon thyme leaves fresh finely chopped
- 1 teaspoon juice of lemon fresh
- 0.1 teaspoon salt
- 1 shallots minced

## Equipment

- food processor

plastic wrap

## Directions

- Process all ingredients in a food processor until smooth, stopping to scrape down sides.
- Transfer butter to center of a piece of plastic wrap; shape into 1 1/2-inch-thick log. Refrigerate until ready to serve.

## Nutrition Facts

 **PROTEIN 0.95%**  **FAT 95.98%**  **CARBS 3.07%**

## Properties

Glycemic Index:78.5, Glycemic Load:0.72, Inflammation Score:-10, Nutrition Score:4.1282608794129%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 420.61kcal (21.03%), Fat: 46.11g (70.94%), Saturated Fat: 29.19g (182.45%), Carbohydrates: 3.32g (1.11%), Net Carbohydrates: 2.36g (0.86%), Sugar: 1.08g (1.2%), Cholesterol: 122.01mg (40.67%), Sodium: 512.14mg (22.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.05%), Vitamin A: 1586.49IU (31.73%), Vitamin C: 7.57mg (9.18%), Vitamin E: 1.33mg (8.85%), Manganese: 0.13mg (6.46%), Iron: 0.8mg (4.44%), Vitamin K: 4.48µg (4.27%), Fiber: 0.96g (3.84%), Calcium: 33.77mg (3.38%), Vitamin B6: 0.06mg (2.94%), Phosphorus: 25.42mg (2.54%), Magnesium: 9.94mg (2.49%), Potassium: 82.61mg (2.36%), Vitamin B2: 0.04mg (2.3%), Folate: 8.07µg (2.02%), Copper: 0.03mg (1.71%), Vitamin B12: 0.1µg (1.61%), Vitamin B5: 0.12mg (1.2%), Zinc: 0.17mg (1.13%), Selenium: 0.73µg (1.05%)