



Herb Lemon Butter

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



218 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 cup basil fresh chopped
- 0.3 cup cilantro leaves fresh chopped
- 0.3 cup flat-leaf parsley fresh chopped
- 0.3 cup mint leaves fresh chopped
- 0.3 teaspoon kosher salt
- 2 tablespoons juice of lemon fresh
- 1 lemon zest shredded finely

- 0.3 cup oregano fresh chopped
- 0.5 cup butter unsalted softened

Equipment

- food processor
- plastic wrap
- spatula

Directions

- Whirl ingredients in a food processor until smooth, about 2 minutes.
- Lay a piece of plastic wrap on a work surface. Using a rubber spatula, scrape butter lengthwise onto plastic. Lift top edge of plastic up and over butter to meet bottom edge of plastic.
- Roll butter toward you, evening it out into a log about 4 in. long. Twist ends of plastic to seal. Chill until firm, about 30 minutes.
- Remove plastic and slice off 1/4-in. portions (1 tbsp.) to serve over steaks.
- Make ahead: Up to 1 week chilled, or up to 1 month frozen, wrapped in several layers of plastic.

Nutrition Facts

 **PROTEIN 1.51%**  **FAT 92.06%**  **CARBS 6.43%**

Properties

Glycemic Index:42.75, Glycemic Load:0.11, Inflammation Score:-10, Nutrition Score:8.7760870508526%

Flavonoids

Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 8.23mg, Apigenin: 8.23mg, Apigenin: 8.23mg, Apigenin: 8.23mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 217.96kcal (10.9%), Fat: 23.24g (35.76%), Saturated Fat: 14.64g (91.5%), Carbohydrates: 3.65g (1.22%), Net Carbohydrates: 1.77g (0.64%), Sugar: 0.44g (0.49%), Cholesterol: 61.01mg (20.34%), Sodium: 152.9mg (6.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.72%), Vitamin K: 91.67µg (87.3%), Vitamin A: 1343.99IU (26.88%), Vitamin C: 11.33mg (13.73%), Manganese: 0.23mg (11.43%), Iron: 1.58mg (8.79%), Vitamin E: 1.29mg (8.58%), Fiber: 1.89g (7.56%), Calcium: 73.16mg (7.32%), Folate: 20.22µg (5.06%), Magnesium: 14.9mg (3.73%), Potassium: 102.84mg (2.94%), Vitamin D: 0.43µg (2.84%), Copper: 0.05mg (2.54%), Vitamin B2: 0.04mg (2.47%), Vitamin B6: 0.05mg (2.47%), Phosphorus: 17.78mg (1.78%), Vitamin B3: 0.29mg (1.44%), Zinc: 0.2mg (1.36%), Vitamin B5: 0.11mg (1.09%), Vitamin B1: 0.02mg (1.08%)