



Herb-Lemon Zest Butter



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



408 kcal

SIDE DISH

Ingredients



0.3 cup herbs like: thym mixed such as flat-leaf parsley, chervil, tarragon, and chives, chopped



1 teaspoon lemon zest finely grated



0.5 cup butter unsalted softened

Equipment



baking paper

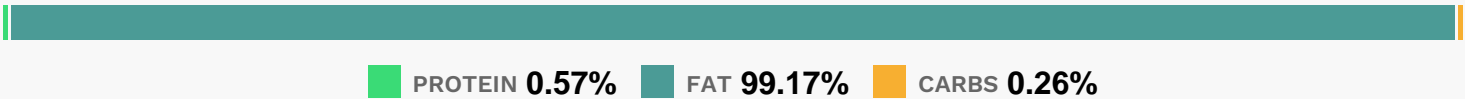


aluminum foil

Directions

- ☐ Put herbs on a work surface.
- ☐ Add butter and lemon zest. Finely chop together until well combined. Season with salt.
- ☐ Transfer to a sheet of parchment paper, placing on edge closest to you. Fold paper over and roll into a cylinder, twisting the ends; wrap airtight in foil. Chill until solid.
- ☐ DO AHEAD: Butter will keep refrigerated for up to 2 weeks or frozen for up to 3 months.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:0.02, Inflammation Score:-7, Nutrition Score:3.487391350062%

Nutrients (% of daily need)

Calories: 408.06kcal (20.4%), Fat: 46.05g (70.85%), Saturated Fat: 29.15g (182.21%), Carbohydrates: 0.27g (0.09%), Net Carbohydrates: 0.12g (0.04%), Sugar: 0.08g (0.09%), Cholesterol: 122.01mg (40.67%), Sodium: 6.42mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.18%), Vitamin A: 1576.93IU (31.54%), Vitamin K: 16.42µg (15.64%), Vitamin E: 1.34mg (8.95%), Vitamin D: 0.85µg (5.68%), Vitamin C: 1.83mg (2.22%), Calcium: 20.27mg (2.03%), Manganese: 0.04mg (1.84%), Vitamin B12: 0.1µg (1.61%), Phosphorus: 15.42mg (1.54%), Vitamin B2: 0.02mg (1.32%), Copper: 0.02mg (1.08%)