



Homemade Butter



Vegetarian



Gluten Free



Popular

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READY IN

ready

10 min.

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SERVINGS

servings

4

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CALORIES

calories

405 kcal

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SIDE DISH

Ingredients



2 cups heavy cream



0.3 teaspoon salt

Equipment



food processor



bowl

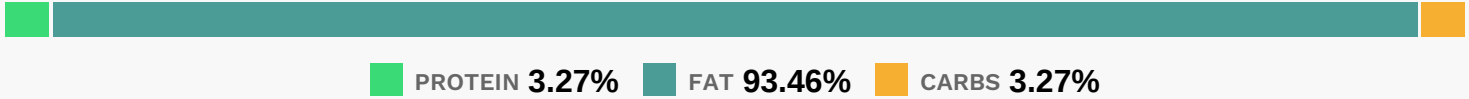


blender

Directions

☐ Pour cream into a food processor or blender. Process for 10 minutes, or until the butter separates. Strain off the liquid. Season to taste with salt if you like. Press butter into a small bowl with the back of a spoon to further remove liquid.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:4.894347893803%

Nutrients (% of daily need)

Calories: 404.6kcal (20.23%), Fat: 42.96g (66.09%), Saturated Fat: 27.37g (171.06%), Carbohydrates: 3.38g (1.13%), Net Carbohydrates: 3.38g (1.23%), Sugar: 3.47g (3.86%), Cholesterol: 134.47mg (44.82%), Sodium: 177.47mg (7.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.76%), Vitamin A: 1749.3IU (34.99%), Vitamin B2: 0.22mg (13.16%), Vitamin D: 1.9µg (12.69%), Calcium: 78.63mg (7.86%), Vitamin E: 1.09mg (7.3%), Phosphorus: 69.02mg (6.9%), Selenium: 3.57µg (5.1%), Vitamin K: 3.81µg (3.63%), Potassium: 113.08mg (3.23%), Vitamin B12: 0.19µg (3.17%), Vitamin B5: 0.3mg (3.03%), Magnesium: 8.33mg (2.08%), Vitamin B6: 0.04mg (2.08%), Zinc: 0.29mg (1.91%), Vitamin B1: 0.02mg (1.59%), Folate: 4.76µg (1.19%)