

Honey Butter

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



185 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.8 cup butter room temperature
- 0.3 cup honey

Equipment

- bowl

Directions

- In a small bowl mix butter and honey until smooth.

Store, covered, in the refrigerator.

Nutrition Facts

PROTEIN 0.45% **FAT 81.26%** **CARBS 18.29%**

Properties

Glycemic Index:12.78, Glycemic Load:4.56, Inflammation Score:-3, Nutrition Score:0.90347827468877%

Nutrients (% of daily need)

Calories: 184.79kcal (9.24%), Fat: 17.26g (26.55%), Saturated Fat: 10.94g (68.37%), Carbohydrates: 8.74g (2.91%), Net Carbohydrates: 8.72g (3.17%), Sugar: 8.71g (9.68%), Cholesterol: 45.75mg (15.25%), Sodium: 137.26mg (5.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.43%), Vitamin A: 531.82IU (10.64%), Vitamin E: 0.49mg (3.29%), Vitamin K: 1.49µg (1.42%)