

Honey Butter

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



579 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.5 cup butter softened
- 0.3 cup honey

Equipment

Directions

- Beat butter and honey together until creamy.
- Serve at room temperature.

Nutrition Facts

PROTEIN 0.43% FAT 68.67% CARBS 30.9%

Properties

Glycemic Index:51.14, Glycemic Load:24.29, Inflammation Score:-6, Nutrition Score:2.6621739320133%

Nutrients (% of daily need)

Calories: 578.66kcal (28.93%), Fat: 46.02g (70.81%), Saturated Fat: 29.17g (182.31%), Carbohydrates: 46.59g (15.53%), Net Carbohydrates: 46.48g (16.9%), Sugar: 46.42g (51.58%), Cholesterol: 122.01mg (40.67%), Sodium: 367.16mg (15.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.3%), Vitamin A: 1418.18IU (28.36%), Vitamin E: 1.32mg (8.78%), Vitamin K: 3.97µg (3.78%), Vitamin B2: 0.04mg (2.4%), Manganese: 0.05mg (2.26%), Calcium: 17.01mg (1.7%), Vitamin B12: 0.1µg (1.61%), Phosphorus: 15.88mg (1.59%), Selenium: 1.02µg (1.46%), Iron: 0.25mg (1.38%), Potassium: 43mg (1.23%), Zinc: 0.18mg (1.17%), Copper: 0.02mg (1.02%), Vitamin B5: 0.1mg (1.01%)