

Honey Butter

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



474 kcal

CONDIMENT

DIP

SPREAD

Ingredients

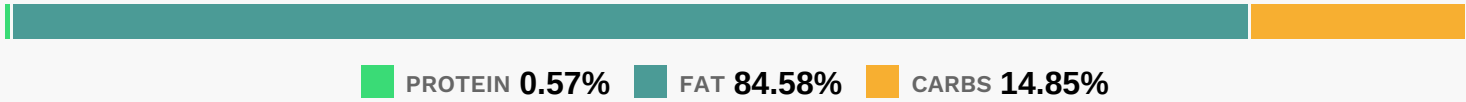
- ☐ 0.5 cup butter softened
- ☐ 2 tablespoons honey
- ☐ 1 teaspoon lemon rind grated
- ☐ 2 servings try build-a-meal

Equipment

Directions

- ☐
- Stir honey and lemon rind into butter; cover and chill 8 hours.
- ☐
- Serve on sweet potatoes, waffles, winter squash, or ham.

Nutrition Facts



Properties

Glycemic Index:51.14, Glycemic Load:9.04, Inflammation Score:-6, Nutrition Score:2.8434782313264%

Nutrients (% of daily need)

Calories: 474.45kcal (23.72%), Fat: 46.05g (70.85%), Saturated Fat: 29.17g (182.33%), Carbohydrates: 18.19g (6.06%), Net Carbohydrates: 17.81g (6.48%), Sugar: 17.33g (19.25%), Cholesterol: 122.01mg (40.67%), Sodium: 365.81mg (15.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.4%), Vitamin A: 1418.79IU (28.38%), Vitamin E: 1.33mg (8.89%), Manganese: 0.08mg (4.19%), Vitamin K: 4.03µg (3.84%), Phosphorus: 20.9mg (2.09%), Vitamin B2: 0.03mg (1.83%), Selenium: 1.25µg (1.79%), Vitamin C: 1.39mg (1.69%), Calcium: 16.78mg (1.68%), Vitamin B12: 0.1µg (1.61%), Fiber: 0.37g (1.5%), Magnesium: 4.18mg (1.05%), Zinc: 0.16mg (1.04%)