

# Honey Butter

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



114 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- 5 teaspoons honey
- 0.1 teaspoon salt fine
- 8 tablespoons butter unsalted at room temperature (1 stick)

## Equipment

- bowl
- plastic wrap
- spatula

## Directions

- Place the butter in a medium bowl and mash it with a rubber spatula until it's very spreadable.
- Add the remaining ingredients and mix until thoroughly combined.
- Transfer to a serving bowl and serve immediately. Alternatively, to serve this compound butter as a sliceable stick, transfer the butter mixture to a sheet of plastic wrap. Shape it into a log by rolling it up in the plastic wrap, then twist the ends to seal.
- Place in the refrigerator to harden, at least 30 minutes.

## Nutrition Facts

 **PROTEIN 0.45%**  **FAT 87.21%**  **CARBS 12.34%**

## Properties

Glycemic Index:6.53, Glycemic Load:1.88, Inflammation Score:-2, Nutrition Score:0.64000000278263%

## Nutrients (% of daily need)

Calories: 113.68kcal (5.68%), Fat: 11.36g (17.47%), Saturated Fat: 7.19g (44.95%), Carbohydrates: 3.61g (1.2%), Net Carbohydrates: 3.6g (1.31%), Sugar: 3.6g (4%), Cholesterol: 30.1mg (10.03%), Sodium: 38.05mg (1.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.26%), Vitamin A: 349.86IU (7%), Vitamin E: 0.32mg (2.17%), Vitamin D: 0.21µg (1.4%)