

Honey Butter

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



166 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.5 cup butter softened
- 0.5 cup honey

Equipment

- bowl

Directions

- Place butter in a small bowl. Gradually add honey, beating constantly, until desired thickness is attained.

Nutrition Facts

PROTEIN 0.42% **FAT 59.46%** **CARBS 40.12%**

Properties

Glycemic Index:12.78, Glycemic Load:9.11, Inflammation Score:-2, Nutrition Score:0.72869566163939%

Nutrients (% of daily need)

Calories: 166.13kcal (8.31%), Fat: 11.51g (17.7%), Saturated Fat: 7.29g (45.58%), Carbohydrates: 17.47g (5.82%), Net Carbohydrates: 17.42g (6.34%), Sugar: 17.4g (19.34%), Cholesterol: 30.5mg (10.17%), Sodium: 92.07mg (4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.37%), Vitamin A: 354.55IU (7.09%), Vitamin E: 0.33mg (2.19%)