



## Honey Butter Spread

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



20

CALORIES



66 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 0.5 cup butter softened
- 0.5 cup honey

### Equipment

- bowl

### Directions

- In a small bowl, beat the butter until light and fluffy.

- Add the honey; beat just until blended.
- Serve with bread, bagels or toast. Store in the refrigerator.

## Nutrition Facts

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

### Properties

Glycemic Index:5.11, Glycemic Load:3.64, Inflammation Score:-1, Nutrition Score:0.29086956171238%

### Nutrients (% of daily need)

Calories: 66.45kcal (3.32%), Fat: 4.6g (7.08%), Saturated Fat: 2.92g (18.23%), Carbohydrates: 6.99g (2.33%), Net Carbohydrates: 6.97g (2.53%), Sugar: 6.96g (7.73%), Cholesterol: 12.2mg (4.07%), Sodium: 36.83mg (1.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.15%), Vitamin A: 141.82IU (2.84%)