



Honey-Ginger Butter



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



456 kcal

SIDE DISH

Ingredients

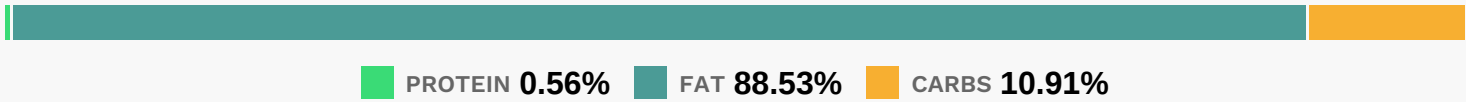
- ☐ 0.5 cup butter softened
- ☐ 2 teaspoons crystallized ginger finely chopped
- ☐ 3 tablespoons chives fresh chopped
- ☐ 1 tablespoon honey

Equipment

Directions

Stir chives, honey, and ginger into softened butter.

Nutrition Facts



Properties

Glycemic Index:73.64, Glycemic Load:4.57, Inflammation Score:-7, Nutrition Score:3.227826030358%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 456kcal (22.8%), Fat: 46.06g (70.86%), Saturated Fat: 29.18g (182.35%), Carbohydrates: 12.76g (4.25%), Net Carbohydrates: 12.63g (4.59%), Sugar: 12.47g (13.86%), Cholesterol: 122.01mg (40.67%), Sodium: 366.2mg (15.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.32%), Vitamin A: 1614.07IU (32.28%), Vitamin K: 13.56µg (12.91%), Vitamin E: 1.33mg (8.84%), Vitamin C: 2.67mg (3.23%), Calcium: 18.39mg (1.84%), Vitamin B2: 0.03mg (1.67%), Phosphorus: 16.65mg (1.66%), Folate: 6.64µg (1.66%), Vitamin B12: 0.1µg (1.61%), Manganese: 0.03mg (1.26%)