



Honey-Pecan Butter



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



524 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter
- ☐ 1.5 tablespoons honey
- ☐ 2 tablespoons pecans toasted

Equipment

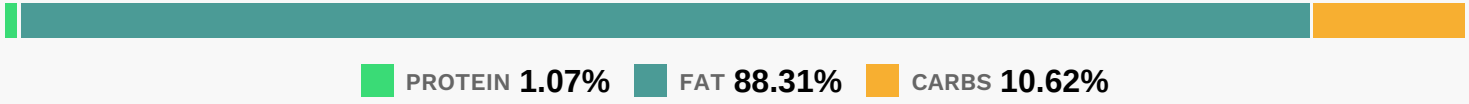
- ☐ mixing bowl
- ☐ hand mixer

Directions

☐

Combine butter and honey in a small mixing bowl; beat at low speed of an electric mixer 1 minute or until creamy. Stir in pecan pieces.

Nutrition Facts



Properties

Glycemic Index:56.14, Glycemic Load:6.83, Inflammation Score:-6, Nutrition Score:4.6795651724805%

Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg

Nutrients (% of daily need)

Calories: 523.88kcal (26.19%), Fat: 53.22g (81.88%), Saturated Fat: 29.79g (186.17%), Carbohydrates: 14.4g (4.8%), Net Carbohydrates: 13.41g (4.88%), Sugar: 13.36g (14.85%), Cholesterol: 122.01mg (40.67%), Sodium: 365.53mg (15.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.89%), Vitamin A: 1423.78IU (28.48%), Manganese: 0.46mg (23.13%), Vitamin E: 1.46mg (9.71%), Copper: 0.13mg (6.28%), Vitamin B1: 0.07mg (4.59%), Phosphorus: 41.95mg (4.2%), Vitamin K: 4.32µg (4.12%), Fiber: 0.99g (3.97%), Zinc: 0.54mg (3.59%), Magnesium: 13.55mg (3.39%), Vitamin B2: 0.04mg (2.25%), Calcium: 21.57mg (2.16%), Iron: 0.33mg (1.84%), Potassium: 62.81mg (1.79%), Vitamin B12: 0.1µg (1.61%), Vitamin B5: 0.16mg (1.59%), Selenium: 1.07µg (1.53%), Vitamin B6: 0.03mg (1.32%), Folate: 4.22µg (1.05%)