



Honey-Spice Butter

 Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



190 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 2 tablespoons honey
- ☐ 0.8 teaspoon spice blend sweet

Equipment

Directions

- ☐ Stir together all ingredients until mixture is smooth.

Nutrition Facts



PROTEIN 0.58% **FAT 84.3%** **CARBS 15.12%**

Properties

Glycemic Index:21.45, Glycemic Load:3.63, Inflammation Score:-3, Nutrition Score:1.5478260922043%

Nutrients (% of daily need)

Calories: 190.25kcal (9.51%), Fat: 18.44g (28.37%), Saturated Fat: 11.68g (73%), Carbohydrates: 7.44g (2.48%), Net Carbohydrates: 7.11g (2.59%), Sugar: 6.94g (7.71%), Cholesterol: 48.81mg (16.27%), Sodium: 146.48mg (6.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.57%), Vitamin A: 579.85IU (11.6%), Vitamin K: 6.19µg (5.89%), Vitamin E: 0.66mg (4.41%), Manganese: 0.04mg (2.18%), Calcium: 17.76mg (1.78%), Iron: 0.31mg (1.73%), Fiber: 0.33g (1.32%)