



How to Make Homemade Butter

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



152 kcal

SIDE DISH

Ingredients

- ☐ 0.7 cup heavy whipping cream cold
- ☐ 1 cup canning jar with lid and ring

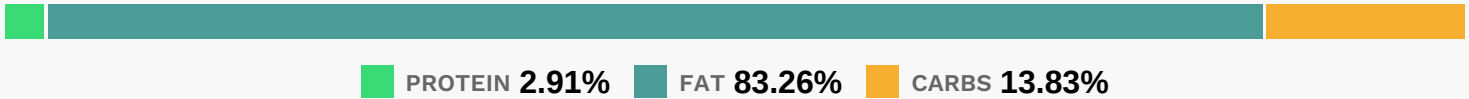
Equipment

- ☐ sieve
- ☐ plastic wrap

Directions

- ☐
- Pour cream into the jar and screw on the lid. Shake jar until butter forms a soft lump, 15 to 20 minutes. Continue to shake until buttermilk separates out of the lump and the jar contains a solid lump of butter and liquid buttermilk.
- ☐
- Pour contents of the jar into a fine mesh strainer and strain out the buttermilk, leaving the solid butter.
- ☐
- Remove the lump of butter and wrap in plastic wrap. Refrigerate until needed.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:1.6308695500636%

Nutrients (% of daily need)

Calories: 151.72kcal (7.59%), Fat: 14.32g (22.03%), Saturated Fat: 9.12g (57.02%), Carbohydrates: 5.35g (1.78%), Net Carbohydrates: 5.35g (1.95%), Sugar: 1.16g (1.29%), Cholesterol: 44.82mg (14.94%), Sodium: 897.91mg (39.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.25%), Vitamin A: 583.1IU (11.66%), Vitamin B2: 0.07mg (4.39%), Vitamin D: 0.63µg (4.23%), Calcium: 26.18mg (2.62%), Vitamin E: 0.36mg (2.43%), Phosphorus: 23.01mg (2.3%), Selenium: 1.19µg (1.7%), Vitamin K: 1.27µg (1.21%), Potassium: 37.68mg (1.08%), Vitamin B12: 0.06µg (1.06%), Vitamin B5: 0.1mg (1.01%)