



Jalapeño-Lime Butter

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



277 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.5 cup butter softened
- 3 servings ears corn hot cooked
- 2 jalapeño chiles minced seeded
- 1 teaspoon juice of lime fresh
- 2 tablespoons lime rind grated

Equipment

- bowl

Directions

- Combine first 5 ingredients in a small bowl.
- Serve with hot cooked corn.

Nutrition Facts

PROTEIN 0.71% **FAT 97.06%** **CARBS 2.23%**

Properties

Glycemic Index:48.67, Glycemic Load:0.26, Inflammation Score:-6, Nutrition Score:3.0130434412023%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 1.87mg, Hesperetin: 1.87mg, Hesperetin: 1.87mg, Hesperetin: 1.87mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 277.29kcal (13.86%), Fat: 30.75g (47.31%), Saturated Fat: 19.46g (121.65%), Carbohydrates: 1.59g (0.53%), Net Carbohydrates: 1.11g (0.4%), Sugar: 0.57g (0.63%), Cholesterol: 81.34mg (27.11%), Sodium: 243.88mg (10.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.02%), Vitamin A: 1052.59IU (21.05%), Vitamin C: 12.8mg (15.52%), Vitamin E: 1.23mg (8.19%), Vitamin K: 4.96µg (4.72%), Manganese: 0.05mg (2.69%), Vitamin B6: 0.04mg (2.22%), Fiber: 0.48g (1.94%), Phosphorus: 13.88mg (1.39%), Calcium: 13.25mg (1.33%), Potassium: 45.39mg (1.3%), Vitamin B2: 0.02mg (1.27%), Folate: 4.62µg (1.15%), Vitamin B12: 0.06µg (1.07%)