



## Jalapeño-Pecan Mustard Butter

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



190 kcal

SIDE DISH

### Ingredients

- 1 cup butter softened
- 3 tablespoons dijon mustard
- 1 garlic clove pressed
- 1 jalapeno minced seeded
- 0.3 cup pecans toasted finely chopped
- 2 tablespoons onion red minced

### Equipment

- bowl

oven

## Directions

- Stir together softened butter, pecans, onion, mustard, jalapeo pepper, and garlic in a small bowl.
- Spread on hot biscuits filled with ham or on a grilled flank steak sandwich, toss with oven-roasted new potatoes, or stir into hot cooked stone-ground grits. Store, covered, in refrigerator up to 1 week.

## Nutrition Facts

**PROTEIN 1.51%** **FAT 96.27%** **CARBS 2.22%**

## Properties

Glycemic Index:18.1, Glycemic Load:0.12, Inflammation Score:-4, Nutrition Score:2.2486956624881%

## Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

## Nutrients (% of daily need)

Calories: 189.96kcal (9.5%), Fat: 20.95g (32.23%), Saturated Fat: 11.89g (74.28%), Carbohydrates: 1.09g (0.36%), Net Carbohydrates: 0.5g (0.18%), Sugar: 0.35g (0.39%), Cholesterol: 48.81mg (16.27%), Sodium: 195.63mg (8.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.48%), Vitamin A: 587.47IU (11.75%), Manganese: 0.18mg (8.81%), Vitamin E: 0.64mg (4.26%), Selenium: 1.94µg (2.77%), Vitamin C: 1.96mg (2.37%), Fiber: 0.59g (2.36%), Copper: 0.05mg (2.26%), Vitamin B1: 0.03mg (2.23%), Phosphorus: 20.85mg (2.09%), Vitamin K: 2.04µg (1.95%), Magnesium: 7.09mg (1.77%), Zinc: 0.21mg (1.38%), Calcium: 11.76mg (1.18%), Vitamin B6: 0.02mg (1.14%)