



Jalapeño-Pecan-Mustard Butter

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



373 kcal

SIDE DISH

Ingredients

- 2 cups butter softened
- 0.3 cup dijon mustard
- 2 garlic cloves
- 2 jalapeño peppers minced seeded
- 0.5 cup pecans chopped
- 0.3 cup onion red minced
- 10 servings garnish: thyme sprigs fresh

Equipment

- bowl
- frying pan
- oven

Directions

- Bake pecans in a shallow pan at 350, stirring occasionally, 5 minutes or until toasted; cool.
- Stir together pecans, butter, and next 4 ingredients in a large bowl until well blended.
- Garnish, if desired.

Nutrition Facts

PROTEIN 1.49% **FAT 95.79%** **CARBS 2.72%**

Properties

Glycemic Index:17.6, Glycemic Load:0.27, Inflammation Score:-9, Nutrition Score:4.8586956107098%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 373.46kcal (18.67%), Fat: 40.79g (62.75%), Saturated Fat: 7.95g (49.68%), Carbohydrates: 2.6g (0.87%), Net Carbohydrates: 1.43g (0.52%), Sugar: 0.63g (0.69%), Cholesterol: 0mg (0%), Sodium: 519.86mg (22.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.85%), Vitamin A: 1710.73IU (34.21%), Manganese: 0.31mg (15.75%), Vitamin E: 1.61mg (10.76%), Vitamin C: 5.59mg (6.77%), Fiber: 1.18g (4.72%), Selenium: 3.15µg (4.49%), Copper: 0.08mg (4.09%), Vitamin B1: 0.06mg (4.06%), Phosphorus: 38.37mg (3.84%), Magnesium: 14.51mg (3.63%), Calcium: 29.06mg (2.91%), Iron: 0.47mg (2.61%), Vitamin B6: 0.05mg (2.44%), Zinc: 0.34mg (2.24%), Vitamin B2: 0.04mg (2.22%), Potassium: 75.14mg (2.15%), Vitamin B5: 0.13mg (1.31%), Folate: 4.22µg (1.05%)