



Lemon-Basil Butter



Vegetarian



Gluten Free



Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



163 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 2 teaspoons basil fresh finely chopped
- ☐ 2 teaspoons lemon rind grated
- ☐ 5 servings salt and pepper to taste

Equipment

Directions

Stir softened butter; stir in basil and remaining ingredients.

Nutrition Facts

PROTEIN 0.49%FAT 99.16%CARBS 0.35%

Properties

Glycemic Index:24, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:0.97173911203509%

Nutrients (% of daily need)

Calories: 163.14kcal (8.16%), Fat: 18.41g (28.33%), Saturated Fat: 11.67g (72.93%), Carbohydrates: 0.14g (0.05%), Net Carbohydrates: 0.06g (0.02%), Sugar: 0.05g (0.05%), Cholesterol: 48.81mg (16.27%), Sodium: 339.8mg (14.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.41%), Vitamin A: 569.78IU (11.4%), Vitamin E: 0.53mg (3.53%), Vitamin K: 1.75µg (1.67%), Vitamin C: 1.04mg (1.26%)