



Lemon Grass-Ginger Butter



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



576 kcal

SIDE DISH

Ingredients

- ☐ 0.5 lb butter
- ☐ 0.3 cup ginger fresh minced
- ☐ 4 teaspoons garlic minced
- ☐ 4 stalks lemon grass fresh ()

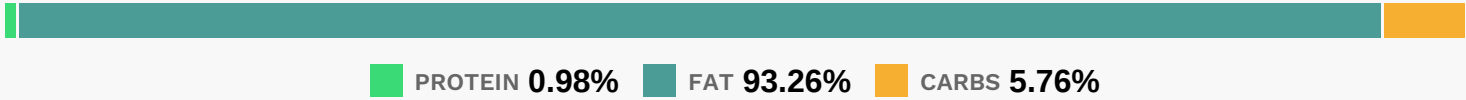
Equipment

- ☐ frying pan
- ☐ knife
- ☐ slotted spoon

Directions

- ☐ Trim and discard tough tops and root ends from lemon grass.
- ☐ Remove and discard tough outer layers. With the flat side of a knife, crush tender inner stalks; cut crushed stalks into 2-inch pieces. In a 1 1/2- to 2-quart pan over high heat, combine lemon grass pieces, butter, ginger, and garlic. When butter is melted, turn heat to low and stir often until flavors are blended, 15 to 20 minutes. With a slotted spoon, lift out and discard lemon grass. Use butter hot. If making up to 1 day ahead, let cool, cover, and chill; reheat to serve.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.56, Inflammation Score:-9, Nutrition Score:8.1321739298494%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 575.71kcal (28.79%), Fat: 61.03g (93.9%), Saturated Fat: 12.67g (79.18%), Carbohydrates: 8.49g (2.83%), Net Carbohydrates: 8.24g (3%), Sugar: 0.18g (0.2%), Cholesterol: 0mg (0%), Sodium: 715.82mg (31.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.89%), Manganese: 1.13mg (56.5%), Vitamin A: 2705.73IU (54.11%), Vitamin E: 2.37mg (15.78%), Iron: 1.75mg (9.72%), Potassium: 225.59mg (6.45%), Magnesium: 18.71mg (4.68%), Phosphorus: 46.43mg (4.64%), Calcium: 44.2mg (4.42%), Vitamin B6: 0.09mg (4.26%), Folate: 16.76µg (4.19%), Copper: 0.08mg (4.16%), Vitamin B2: 0.06mg (3.65%), Zinc: 0.52mg (3.46%), Vitamin C: 2.32mg (2.81%), Vitamin B1: 0.03mg (2.04%), Vitamin B3: 0.33mg (1.63%), Vitamin B12: 0.08µg (1.26%), Vitamin B5: 0.11mg (1.14%), Selenium: 0.76µg (1.09%)