



Lemon-Herb Butter



Vegetarian



Gluten Free



Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



164 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 1 teaspoon chives fresh chopped
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 2 teaspoons lemon zest
- ☐ 1 teaspoon oregano fresh chopped

Equipment

Directions

☐ Stir together butter, lemon zest, chives, oregano, and parsley.

Nutrition Facts

PROTEIN 0.59%

FAT 98.4%

CARBS 1.01%

Properties

Glycemic Index:26.4, Glycemic Load:0.01, Inflammation Score:-6, Nutrition Score:1.3469565160896%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 164.26kcal (8.21%), Fat: 18.43g (28.36%), Saturated Fat: 11.67g (72.97%), Carbohydrates: 0.43g (0.14%), Net Carbohydrates: 0.17g (0.06%), Sugar: 0.07g (0.07%), Cholesterol: 48.81mg (16.27%), Sodium: 146.13mg (6.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.5%), Vitamin A: 584.87IU (11.7%), Vitamin K: 4.83µg (4.6%), Vitamin E: 0.6mg (4.01%), Vitamin C: 1.18mg (1.44%), Calcium: 13.12mg (1.31%), Fiber: 0.26g (1.04%), Manganese: 0.02mg (1.04%)