



## Lime-Cayenne Butter

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



411 kcal

SIDE DISH

### Ingredients

- 0.5 cup butter
- 0.5 teaspoon cayenne powder
- 0.5 teaspoon garlic salt
- 1.5 tablespoons juice of lime fresh

### Equipment

### Directions

Melt butter, and stir in remaining ingredients.

## Nutrition Facts

**PROTEIN 0.56%** **FAT 98.24%** **CARBS 1.2%**

### Properties

Glycemic Index:41, Glycemic Load:0.06, Inflammation Score:-7, Nutrition Score:2.8852173530537%

### Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

### Nutrients (% of daily need)

Calories: 411.3kcal (20.57%), Fat: 46.12g (70.95%), Saturated Fat: 29.19g (182.42%), Carbohydrates: 1.26g (0.42%), Net Carbohydrates: 1.08g (0.39%), Sugar: 0.28g (0.31%), Cholesterol: 122.01mg (40.67%), Sodium: 946.65mg (41.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.18%), Vitamin A: 1631.86IU (32.64%), Vitamin E: 1.49mg (9.94%), Vitamin C: 3.76mg (4.55%), Vitamin K: 4.44µg (4.23%), Phosphorus: 16.66mg (1.67%), Calcium: 16.3mg (1.63%), Vitamin B12: 0.1µg (1.61%), Vitamin B2: 0.03mg (1.5%), Potassium: 36.97mg (1.06%)