



Maple Butter

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



24

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 tablespoons butter softened
- 3 tablespoons maple syrup
- 0.1 teaspoon salt

Equipment

- bowl
- blender

Directions

- Combine all ingredients in a small bowl; beat with a mixer at medium speed 1 minute or until smooth. Cover and chill until use.

Nutrition Facts

PROTEIN 0.37% **FAT 78.82%** **CARBS 20.81%**

Properties

Glycemic Index:3.6, Glycemic Load:0.62, Inflammation Score:-1, Nutrition Score:0.37565218349514%

Nutrients (% of daily need)

Calories: 31.84kcal (1.59%), Fat: 2.84g (4.37%), Saturated Fat: 1.8g (11.24%), Carbohydrates: 1.69g (0.56%), Net Carbohydrates: 1.69g (0.61%), Sugar: 1.5g (1.67%), Cholesterol: 7.53mg (2.51%), Sodium: 34.84mg (1.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.03g (0.06%), Manganese: 0.06mg (2.88%), Vitamin B2: 0.03mg (1.94%), Vitamin A: 87.46IU (1.75%)