



Mustard Butter



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



165 kcal

SIDE DISH

Ingredients



0.5 cup butter softened



1 tablespoon spicy brown mustard



1 tablespoon onion sweet minced

Equipment

Directions



Stir together softened butter, spicy brown mustard, and minced onion.

Nutrition Facts

 PROTEIN 0.8%  FAT 98.44%  CARBS 0.76%

Properties

Glycemic Index:16.4, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:1.1278260900922%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 165.23kcal (8.26%), Fat: 18.51g (28.48%), Saturated Fat: 11.68g (72.97%), Carbohydrates: 0.32g (0.11%), Net Carbohydrates: 0.18g (0.06%), Sugar: 0.16g (0.17%), Cholesterol: 48.81mg (16.27%), Sodium: 179.12mg (7.79%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 0.34g (0.67%), Vitamin A: 569.42IU (11.39%), Vitamin E: 0.54mg (3.58%), Selenium: 1.26µg (1.8%), Vitamin K: 1.64µg (1.56%)