



Mustard-Poppy Seed Butter

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



420 kcal

CONDIMENT

DIP

SPREAD

Ingredients

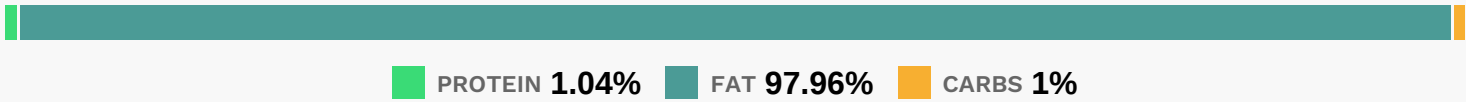
- ☐ 0.5 cup butter softened
- ☐ 1 tablespoon dijon mustard
- ☐ 1 tablespoon green onions minced
- ☐ 1 teaspoon poppy seeds

Equipment

Directions

Stir green onions, mustard, and poppy seeds into softened butter.

Nutrition Facts



Properties

Glycemic Index:59.5, Glycemic Load:0.09, Inflammation Score:-6, Nutrition Score:3.8513043250727%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 420.31kcal (21.02%), Fat: 46.91g (72.16%), Saturated Fat: 29.26g (182.86%), Carbohydrates: 1.07g (0.36%), Net Carbohydrates: 0.38g (0.14%), Sugar: 0.26g (0.28%), Cholesterol: 122.01mg (40.67%), Sodium: 448.27mg (19.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.25%), Vitamin A: 1453.42IU (29.07%), Vitamin K: 10.3µg (9.8%), Vitamin E: 1.39mg (9.24%), Manganese: 0.14mg (6.83%), Selenium: 3.34µg (4.77%), Calcium: 42.08mg (4.21%), Phosphorus: 35.88mg (3.59%), Fiber: 0.69g (2.77%), Magnesium: 10.54mg (2.63%), Vitamin B1: 0.03mg (2.1%), Iron: 0.32mg (1.79%), Vitamin B2: 0.03mg (1.66%), Copper: 0.03mg (1.62%), Vitamin B12: 0.1µg (1.61%), Zinc: 0.23mg (1.53%), Folate: 5.38µg (1.34%), Potassium: 43.94mg (1.26%)