



Olive Butter



Vegetarian



Gluten Free



Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



124 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 3 tablespoons juice of lemon
- ☐ 1 tablespoon lemon zest grated
- ☐ 0.3 cup olives ripe sliced

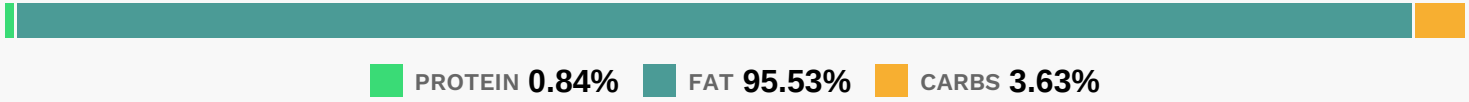
Equipment

- ☐ steamer basket

Directions

- ☐
- Stir together all ingredients.
- ☐
- Note: 1 (10-ounce) package frozen asparagus, thawed, may be substituted for 1 pound fresh asparagus.
- ☐
- Add to steamer basket with zucchini and mushrooms.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:1.2691304167004%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 124.1kcal (6.21%), Fat: 13.68g (21.04%), Saturated Fat: 7.97g (49.78%), Carbohydrates: 1.17g (0.39%), Net Carbohydrates: 0.72g (0.26%), Sugar: 0.33g (0.37%), Cholesterol: 32.54mg (10.85%), Sodium: 237.87mg (10.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.54%), Vitamin A: 414.69IU (8.29%), Vitamin C: 5.03mg (6.1%), Vitamin E: 0.71mg (4.74%), Fiber: 0.45g (1.8%), Vitamin K: 1.19µg (1.13%), Calcium: 10.46mg (1.05%)