



## Orange-Honey Butter

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



266 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 0.5 cup butter softened
- 0.5 cup honey
- 0.5 teaspoon orange rind grated

### Equipment

- bowl
- blender

## Directions

- Combine all ingredients in a medium bowl, and beat with a mixer at medium speed until well blended.

## Nutrition Facts

**PROTEIN 0.43%** **FAT 59.42%** **CARBS 40.15%**

## Properties

Glycemic Index:20.45, Glycemic Load:14.57, Inflammation Score:-3, Nutrition Score:1.1899999846583%

## Nutrients (% of daily need)

Calories: 266.01kcal (13.3%), Fat: 18.41g (28.32%), Saturated Fat: 11.67g (72.92%), Carbohydrates: 28g (9.33%), Net Carbohydrates: 27.91g (10.15%), Sugar: 27.85g (30.94%), Cholesterol: 48.81mg (16.27%), Sodium: 147.32mg (6.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.6%), Vitamin A: 568.11IU (11.36%), Vitamin E: 0.53mg (3.51%), Vitamin K: 1.59µg (1.51%), Manganese: 0.03mg (1.36%), Vitamin B2: 0.02mg (1.22%)