

# Orange Honey Butter

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



1

CALORIES



440 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- 0.3 cup butter softened
- 0.5 tablespoon honey
- 0.5 teaspoon orange zest

## Equipment

- bowl

## Directions

In a small bowl, cream butter until light and fluffy.

Mix in honey and orange zest.

## Nutrition Facts

**PROTEIN 0.47%** **FAT 91.63%** **CARBS 7.9%**

### Properties

Glycemic Index:102.27, Glycemic Load:4.53, Inflammation Score:-6, Nutrition Score:2.3834782916567%

### Nutrients (% of daily need)

Calories: 439.79kcal (21.99%), Fat: 46.03g (70.81%), Saturated Fat: 29.17g (182.31%), Carbohydrates: 8.94g (2.98%), Net Carbohydrates: 8.81g (3.2%), Sugar: 8.65g (9.62%), Cholesterol: 122.01mg (40.67%), Sodium: 365.35mg (15.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.06%), Vitamin A: 1422.38IU (28.45%), Vitamin E: 1.32mg (8.79%), Vitamin K: 3.97µg (3.78%), Vitamin C: 1.41mg (1.71%), Vitamin B12: 0.1µg (1.61%), Calcium: 15.86mg (1.59%), Phosphorus: 14.25mg (1.42%), Vitamin B2: 0.02mg (1.42%)