



Orange-Mango Butter

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



470 kcal

SIDE DISH

Ingredients

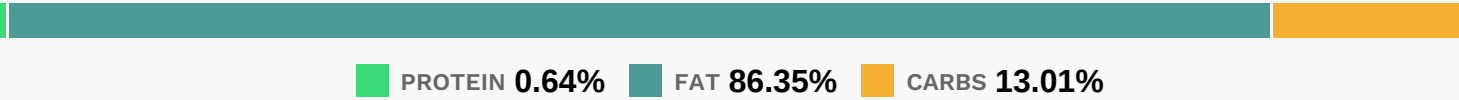
- ☐ 0.5 cup butter softened
- ☐ 2 tablespoons mango chutney
- ☐ 1 tablespoon orange zest
- ☐ 0.8 teaspoon peppercorn medley freshly ground

Equipment

Directions

Stir chutney, orange zest, and pepper into softened butter.

Nutrition Facts



Properties

Glycemic Index:68.5, Glycemic Load:7.68, Inflammation Score:-6, Nutrition Score:3.8408695433451%

Nutrients (% of daily need)

Calories: 469.55kcal (23.48%), Fat: 46.1g (70.92%), Saturated Fat: 29.2g (182.47%), Carbohydrates: 15.62g (5.21%), Net Carbohydrates: 14.66g (5.33%), Sugar: 9.74g (10.83%), Cholesterol: 122.01mg (40.67%), Sodium: 371.72mg (16.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.55%), Vitamin A: 1439.81IU (28.8%), Manganese: 0.22mg (10.92%), Vitamin E: 1.37mg (9.1%), Vitamin C: 5.84mg (7.08%), Vitamin K: 6.67µg (6.36%), Fiber: 0.96g (3.82%), Calcium: 29.76mg (2.98%), Vitamin B2: 0.04mg (2.36%), Copper: 0.04mg (2.24%), Phosphorus: 20.66mg (2.07%), Potassium: 57.31mg (1.64%), Iron: 0.29mg (1.63%), Vitamin B12: 0.1µg (1.61%), Selenium: 1.08µg (1.54%), Magnesium: 5.42mg (1.35%), Folate: 5.08µg (1.27%), Vitamin B5: 0.1mg (1.04%)