



Orange-Maple Butter

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



438 kcal

SIDE DISH

Ingredients

- 4 ounces butter unsalted softened (1 stick)
- 1 tablespoon orange juice fresh
- 1 tablespoon maple syrup pure
- 1 teaspoon orange zest finely grated
- 0.3 teaspoon coarse salt

Equipment

- bowl
- spatula

Directions

- Using a rubber spatula, combine ingredients in a small bowl. Orange-maple butter can be refrigerated in an airtight container for up to 1 week.

Nutrition Facts

PROTEIN 0.5% FAT 92.44% CARBS 7.06%

Properties

Glycemic Index:44.25, Glycemic Load:2.91, Inflammation Score:-6, Nutrition Score:3.9113044090893%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 438.33kcal (21.92%), Fat: 46.01g (70.78%), Saturated Fat: 29.13g (182.05%), Carbohydrates: 7.91g (2.64%), Net Carbohydrates: 7.78g (2.83%), Sugar: 6.74g (7.49%), Cholesterol: 121.9mg (40.63%), Sodium: 297.94mg (12.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.11%), Vitamin A: 1438.11IU (28.76%), Manganese: 0.23mg (11.71%), Vitamin B2: 0.15mg (8.81%), Vitamin E: 1.32mg (8.81%), Vitamin C: 5.61mg (6.8%), Vitamin D: 0.85µg (5.67%), Vitamin K: 3.98µg (3.79%), Calcium: 27.23mg (2.72%), Vitamin B12: 0.1µg (1.61%), Potassium: 55.29mg (1.58%), Phosphorus: 15.26mg (1.53%), Vitamin B1: 0.02mg (1.22%), Folate: 4.55µg (1.14%), Magnesium: 4.4mg (1.1%)