



Orange-Tarragon Butter



Vegetarian



Gluten Free



Low Fod Map

READY IN



3 min.

SERVINGS



4

CALORIES



108 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 1 tablespoon tarragon fresh finely chopped
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1.5 teaspoons orange rind grated
- ☐ 0.1 teaspoon salt

Equipment

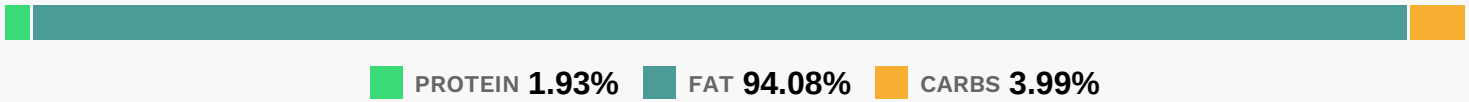
- ☐ bowl

Directions

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Combine all ingredients in a bowl. Stir with a spoon until blended. Cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:0.53, Inflammation Score:-3, Nutrition Score:1.8039130529632%

Nutrients (% of daily need)

Calories: 107.81kcal (5.39%), Fat: 11.65g (17.92%), Saturated Fat: 7.33g (45.8%), Carbohydrates: 1.11g (0.37%), Net Carbohydrates: 0.88g (0.32%), Sugar: 0.01g (0.02%), Cholesterol: 30.5mg (10.17%), Sodium: 165.02mg (7.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.08%), Vitamin A: 457.2IU (9.14%), Manganese: 0.14mg (7.04%), Iron: 0.58mg (3.22%), Calcium: 24.68mg (2.47%), Vitamin C: 1.94mg (2.35%), Vitamin E: 0.35mg (2.33%), Vitamin B6: 0.05mg (2.27%), Vitamin B2: 0.03mg (1.74%), Potassium: 59.12mg (1.69%), Magnesium: 6.62mg (1.65%), Folate: 5.51µg (1.38%)