



Parmesan-Parsley Butter

 Gluten Free

READY IN



8 min.

SERVINGS



8

CALORIES



128 kcal

SIDE DISH

Ingredients

- 0.5 cup butter softened
- 2 tablespoons parsley fresh chopped
- 0.5 cup parmesan cheese freshly grated
- 8 servings salt and pepper to taste

Equipment

Directions

Stir softened butter; stir in Parmesan cheese and remaining ingredients.

Nutrition Facts

PROTEIN 6.12% **FAT 91.29%** **CARBS 2.59%**

Properties

Glycemic Index:10.25, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:2.3526086842884%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 128.4kcal (6.42%), Fat: 13.26g (20.41%), Saturated Fat: 8.26g (51.64%), Carbohydrates: 0.85g (0.28%), Net Carbohydrates: 0.81g (0.3%), Sugar: 0.02g (0.02%), Cholesterol: 35.94mg (11.98%), Sodium: 394.95mg (17.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2g (4%), Vitamin K: 17.5µg (16.67%), Vitamin A: 492.85IU (9.86%), Calcium: 60.15mg (6.02%), Phosphorus: 43.61mg (4.36%), Selenium: 2.33µg (3.33%), Vitamin E: 0.37mg (2.46%), Zinc: 0.29mg (1.96%), Vitamin B12: 0.11µg (1.81%), Vitamin C: 1.33mg (1.61%), Vitamin B2: 0.03mg (1.61%)