



Parmesan-Pesto Butter

 **Gluten Free** Image not found or type unknown

READY IN

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ready

45 min.

SERVINGS

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servings

3

CALORIES

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calories

385 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 2 tablespoons chives fresh finely chopped
- ☐ 2 tablespoons flat-leaf parsley fresh finely chopped
- ☐ 1 garlic clove pressed
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 1 teaspoon pepper freshly ground
- ☐ 2 tablespoons pesto sauce refrigerated jarred

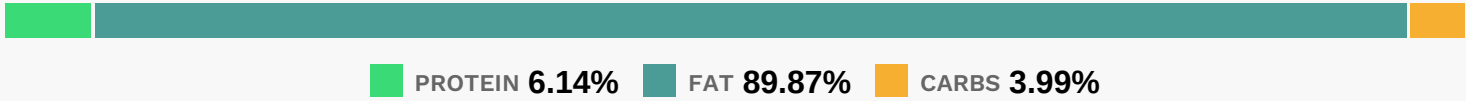
Equipment

bowl

Directions

Stir together butter, Parmesan cheese, pesto sauce, parsley, chives, garlic, and freshly ground pepper in a bowl.

Nutrition Facts



Properties

Glycemic Index:63, Glycemic Load:0.23, Inflammation Score:-7, Nutrition Score:7.4869566443174%

Flavonoids

Apigenin: 5.75mg, Apigenin: 5.75mg, Apigenin: 5.75mg, Apigenin: 5.75mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 384.86kcal (19.24%), Fat: 39.11g (60.17%), Saturated Fat: 22.69g (141.79%), Carbohydrates: 3.9g (1.3%), Net Carbohydrates: 3.41g (1.24%), Sugar: 0.43g (0.48%), Cholesterol: 96.64mg (32.21%), Sodium: 630.29mg (27.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.01g (12.02%), Vitamin K: 52.03µg (49.56%), Vitamin A: 1606.66IU (32.13%), Calcium: 182.8mg (18.28%), Phosphorus: 120.04mg (12%), Selenium: 6.41µg (9.15%), Vitamin E: 0.99mg (6.63%), Manganese: 0.13mg (6.38%), Vitamin C: 5.02mg (6.09%), Zinc: 0.81mg (5.43%), Vitamin B12: 0.29µg (4.82%), Vitamin B2: 0.08mg (4.56%), Magnesium: 10.15mg (2.54%), Iron: 0.42mg (2.33%), Folate: 8.43µg (2.11%), Potassium: 73.31mg (2.09%), Fiber: 0.49g (1.95%), Vitamin B6: 0.03mg (1.71%), Copper: 0.03mg (1.28%), Vitamin B5: 0.13mg (1.28%)