

Pecan-Honey Butter

 Vegetarian  Gluten Free

READY IN

ready

5 min.

SERVINGS

servings

5

CALORIES

calories

239 kcal

CONDIMENT

DIP

SPREAD

Ingredients

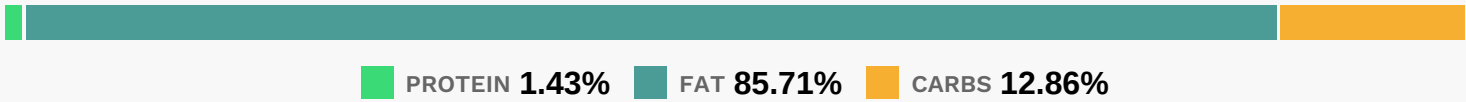
- ☐ 0.5 cup butter softened
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 2 tablespoons wildflower honey
- ☐ 0.3 cup pecans toasted finely chopped

Equipment

Directions

Stir together all ingredients until blended. Cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:23.45, Glycemic Load:3.65, Inflammation Score:-4, Nutrition Score:2.696956552889%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg

Nutrients (% of daily need)

Calories: 238.63kcal (11.93%), Fat: 23.64g (36.37%), Saturated Fat: 12.12g (75.73%), Carbohydrates: 7.99g (2.66%), Net Carbohydrates: 7.24g (2.63%), Sugar: 7.2g (8%), Cholesterol: 48.81mg (16.27%), Sodium: 146.3mg (6.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.77%), Manganese: 0.34mg (17.12%), Vitamin A: 571.49IU (11.43%), Copper: 0.09mg (4.52%), Vitamin E: 0.63mg (4.2%), Vitamin B1: 0.05mg (3.27%), Fiber: 0.74g (2.96%), Phosphorus: 25.94mg (2.59%), Zinc: 0.37mg (2.46%), Magnesium: 9.44mg (2.36%), Vitamin K: 1.86µg (1.77%), Iron: 0.23mg (1.27%), Vitamin B2: 0.02mg (1.2%), Calcium: 11.54mg (1.15%), Potassium: 39.82mg (1.14%)