



Peppy Basil Butter



Vegetarian



Gluten Free



Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



109 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 3 tablespoons basil fresh chopped
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 0.5 teaspoon salt

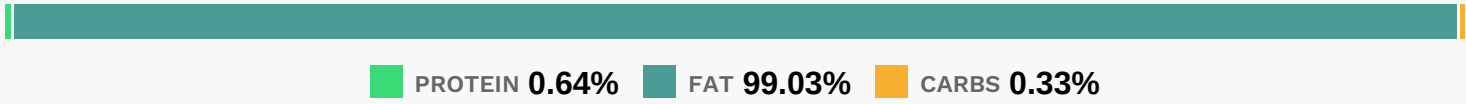
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Microwave butter in a microwave–safe glass bowl at HIGH 30 to 45 seconds or until melted and hot. Stir in basil, salt, and red pepper.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:1.0321739160496%

Nutrients (% of daily need)

Calories: 109.06kcal (5.45%), Fat: 12.3g (18.92%), Saturated Fat: 7.78g (48.63%), Carbohydrates: 0.09g (0.03%), Net Carbohydrates: 0.04g (0.01%), Sugar: 0.02g (0.02%), Cholesterol: 32.54mg (10.85%), Sodium: 331.54mg (14.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.36%), Vitamin A: 471.13IU (9.42%), Vitamin K: 6.14µg (5.85%), Vitamin E: 0.4mg (2.66%)