



Petal Honey Butter



Vegetarian



Gluten Free

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READY IN

ready

45 min.

SERVINGS

servings

5

CALORIES

calories

253 kcal

CONDIMENT

DIP

SPREAD

Ingredients



0.5 cup honey



1 cup firmly rose petals packed



0.3 cup butter unsalted softened

Equipment

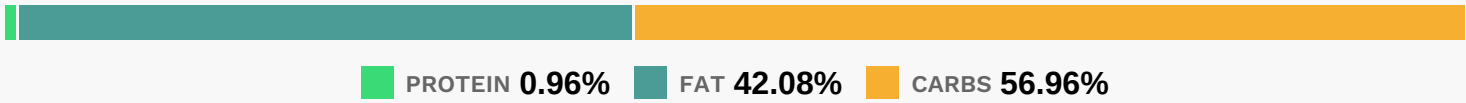


food processor

Directions

- ☐
- To make the butter, remove the white "nails" from the rose petals.
- ☐
- Combine petals, butter, and honey in food processor. Process until well blended. Chill thoroughly. Package in an airtight container.

Nutrition Facts



Properties

Glycemic Index:10.45, Glycemic Load:14.57, Inflammation Score:-8, Nutrition Score:9.6330434589282%

Nutrients (% of daily need)

Calories: 252.71kcal (12.64%), Fat: 12.36g (19.02%), Saturated Fat: 7.77g (48.59%), Carbohydrates: 37.65g (12.55%), Net Carbohydrates: 31.46g (11.44%), Sugar: 28.5g (31.66%), Cholesterol: 32.54mg (10.85%), Sodium: 4.04mg (0.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.27%), Vitamin C: 108.37mg (131.36%), Vitamin A: 1481.81IU (29.64%), Fiber: 6.19g (24.76%), Manganese: 0.29mg (14.34%), Vitamin E: 1.83mg (12.23%), Vitamin K: 7.64µg (7.27%), Calcium: 48.59mg (4.86%), Magnesium: 18.51mg (4.63%), Potassium: 130.23mg (3.72%), Vitamin B2: 0.06mg (3.54%), Vitamin B5: 0.24mg (2.43%), Iron: 0.41mg (2.3%), Copper: 0.04mg (2.17%), Phosphorus: 20.48mg (2.05%), Vitamin B3: 0.38mg (1.89%), Vitamin D: 0.23µg (1.51%), Vitamin B6: 0.03mg (1.39%), Zinc: 0.15mg (1.01%)