



Red Pepper Butter



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



171 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 2 large bell peppers red peeled
- ☐ 10 servings salt
- ☐ 3 dashes all the tabasco sauce you handle to taste
- ☐ 0.5 pound butter unsalted (2 sticks)

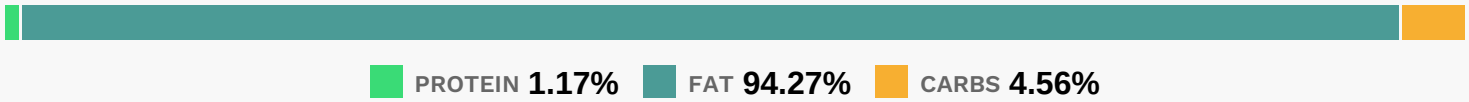
Equipment

- ☐ food processor
- ☐ aluminum foil

Directions

- ☐ Puree the red peppers in a food processor for 45 seconds.
- ☐ Add the remaining ingredients.
- ☐ Remove the butter to a sheet of foil; wrap, and refrigerate. Or shape the softened butter into 2 logs by placing equal portions of butter along the center of 2 sheets of foil. Use the foil to shape the butter into loglike rolls. Seal the foil and refrigerate.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:0.41, Inflammation Score:-8, Nutrition Score:5.36304337175%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 171.2kcal (8.56%), Fat: 18.49g (28.45%), Saturated Fat: 11.67g (72.93%), Carbohydrates: 2.01g (0.67%), Net Carbohydrates: 1.32g (0.48%), Sugar: 1.4g (1.55%), Cholesterol: 48.76mg (16.25%), Sodium: 198.39mg (8.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.04%), Vitamin C: 42.1mg (51.03%), Vitamin A: 1593.8IU (31.88%), Vitamin E: 1.04mg (6.97%), Vitamin B6: 0.1mg (4.81%), Folate: 15.82µg (3.96%), Vitamin K: 3.2µg (3.04%), Fiber: 0.69g (2.76%), Vitamin D: 0.34µg (2.27%), Potassium: 74.99mg (2.14%), Vitamin B2: 0.04mg (2.1%), Manganese: 0.04mg (1.91%), Vitamin B3: 0.33mg (1.65%), Phosphorus: 13.99mg (1.4%), Vitamin B5: 0.13mg (1.29%), Vitamin B1: 0.02mg (1.26%), Magnesium: 4.41mg (1.1%)