



Ridiculously Easy Herb Compound Butter

 Vegetarian  Gluten Free

READY IN



185 min.

SERVINGS



8

CALORIES



105 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter unsalted softened
- ☐ 2 cloves garlic finely chopped
- ☐ 1 tablespoon oregano fresh finely chopped
- ☐ 1 tablespoon chives fresh finely chopped
- ☐ 1 tablespoon rosemary leaves fresh finely chopped
- ☐ 1 serving salt and pepper to taste

Equipment

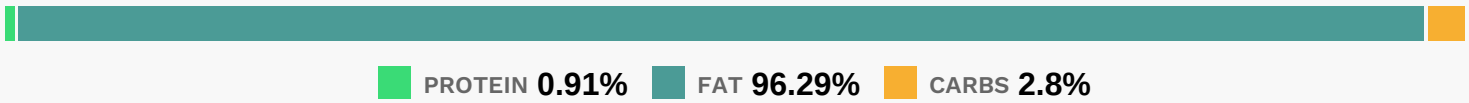
- ☐ bowl

☐ baking paper

Directions

- ☐ In medium bowl, mix all ingredients.
- ☐ Spoon mixture onto piece of cooking parchment paper.
- ☐ Roll to create log shape. Twist ends of paper to seal.
- ☐ Refrigerate log until firm, about 3 hours. Slice into "coins" to serve.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.08, Inflammation Score:-6, Nutrition Score:1.3547826214977%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 104.94kcal (5.25%), Fat: 11.56g (17.78%), Saturated Fat: 7.31g (45.66%), Carbohydrates: 0.76g (0.25%), Net Carbohydrates: 0.43g (0.16%), Sugar: 0.05g (0.05%), Cholesterol: 30.5mg (10.17%), Sodium: 26.14mg (1.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.49%), Vitamin A: 388.88IU (7.78%), Vitamin K: 5.69µg (5.42%), Vitamin E: 0.44mg (2.96%), Manganese: 0.05mg (2.41%), Calcium: 15.9mg (1.59%), Iron: 0.27mg (1.49%), Vitamin D: 0.21µg (1.42%), Fiber: 0.33g (1.3%)