



Roasted Pine Nut Butter



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



32

CALORIES



99 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon vegetable oil; peanut oil preferred or any neutral-flavored oil
- ☐ 1 pound pinenuts toasted

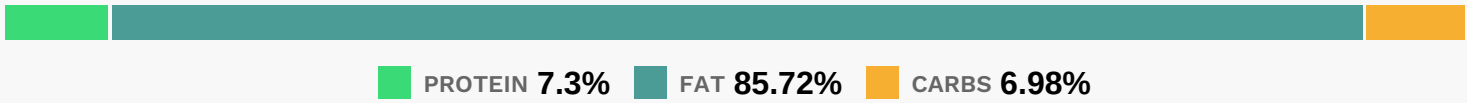
Equipment

- ☐ food processor

Directions

- ☐
- Start with pine nuts toasted to medium-brown so that the full roasty flavor comes out. (Be careful: They burn so easily!) To make the butter, place toasted pine nuts in a food processor.
- ☐
- Add oil and salt. Process until smooth.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:5.7243478129739%

Nutrients (% of daily need)

Calories: 99.26kcal (4.96%), Fat: 10.13g (15.59%), Saturated Fat: 0.77g (4.8%), Carbohydrates: 1.86g (0.62%), Net Carbohydrates: 1.33g (0.48%), Sugar: 0.51g (0.57%), Cholesterol: 0mg (0%), Sodium: 18.45mg (0.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.88%), Manganese: 1.25mg (62.39%), Copper: 0.19mg (9.36%), Vitamin E: 1.39mg (9.27%), Magnesium: 35.58mg (8.89%), Phosphorus: 81.5mg (8.15%), Vitamin K: 7.64µg (7.28%), Zinc: 0.91mg (6.1%), Iron: 0.78mg (4.36%), Vitamin B1: 0.05mg (3.44%), Vitamin B3: 0.62mg (3.11%), Potassium: 84.63mg (2.42%), Fiber: 0.52g (2.1%), Vitamin B2: 0.03mg (1.89%), Folate: 4.82µg (1.2%)