



## Sage Butter

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



422 kcal

SIDE DISH

## Ingredients

- 0.5 cup butter softened
- 0.5 cup sage leaves fresh loosely packed
- 0.5 teaspoon juice of lemon fresh
- 1 teaspoon lemon rind grated
- 0.3 teaspoon pepper freshly ground
- 1 large shallots

## Equipment

- food processor

## Directions

- Process sage and shallot in a food processor until chopped.
- Add butter and remaining ingredients; process until mixture is thoroughly blended, stopping occasionally to scrape down sides.

## Nutrition Facts

**PROTEIN 0.9%** **FAT 96.23%** **CARBS 2.87%**

## Properties

Glycemic Index:56, Glycemic Load:0.56, Inflammation Score:-6, Nutrition Score:8.4365217076695%

## Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

## Nutrients (% of daily need)

Calories: 421.99kcal (21.1%), Fat: 46.21g (71.1%), Saturated Fat: 29.27g (182.92%), Carbohydrates: 3.09g (1.03%), Net Carbohydrates: 2.29g (0.83%), Sugar: 1.09g (1.21%), Cholesterol: 122.01mg (40.67%), Sodium: 366.68mg (15.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.95%), Copper: 9.86mg (492.77%), Vitamin A: 1420.63IU (28.41%), Manganese: 0.39mg (19.58%), Vitamin E: 1.33mg (8.86%), Vitamin K: 4.48µg (4.27%), Calcium: 42.05mg (4.2%), Vitamin C: 2.77mg (3.36%), Fiber: 0.81g (3.22%), Iron: 0.56mg (3.1%), Magnesium: 9.93mg (2.48%), Vitamin B6: 0.05mg (2.39%), Phosphorus: 22.93mg (2.29%), Potassium: 75.42mg (2.15%), Vitamin B12: 0.1µg (1.61%), Vitamin B2: 0.03mg (1.6%), Folate: 6.38µg (1.59%), Vitamin B1: 0.02mg (1.41%), Zinc: 0.17mg (1.12%), Vitamin B5: 0.11mg (1.07%), Selenium: 0.74µg (1.05%)