



Sea Salt Butter

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



409 kcal

SIDE DISH

Ingredients

- 2 tablespoons juice of lemon fresh
- 0.5 teaspoon sea salt
- 1 cup butter unsalted melted

Equipment

- bowl
- whisk

Directions

Combine all ingredients in a small bowl; stir with a wire whisk.

Nutrition Facts

 PROTEIN **0.49%**  FAT **98.99%**  CARBS **0.52%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:2.6617391744386%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 408.55kcal (20.43%), Fat: 46.05g (70.84%), Saturated Fat: 29.15g (182.21%), Carbohydrates: 0.55g (0.18%), Net Carbohydrates: 0.53g (0.19%), Sugar: 0.22g (0.25%), Cholesterol: 122.01mg (40.67%), Sodium: 297mg (12.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.02%), Vitamin A: 1418.63IU (28.37%), Vitamin E: 1.33mg (8.85%), Vitamin D: 0.85µg (5.68%), Vitamin K: 3.97µg (3.78%), Vitamin C: 2.9mg (3.52%), Vitamin B12: 0.1µg (1.61%), Calcium: 14.25mg (1.42%), Phosphorus: 14.22mg (1.42%), Vitamin B2: 0.02mg (1.2%)