



Simple Basil Butter

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



1

CALORIES



836 kcal

SIDE DISH

Ingredients

- 0.3 cup basil leaves
- 0.5 cup butter softened
- 3 cloves garlic
- 1 tablespoon juice of lemon
- 1 teaspoon salt
- 1 pinch sugar white

Equipment

- food processor

Directions

- Place basil leaves and garlic in a food processor; pulse until chopped.
- Add lemon juice, salt, and sugar; pulse to combine.
- Place butter into basil mixture and process until smooth.

Nutrition Facts

PROTEIN 0.83% **FAT 96.73%** **CARBS 2.44%**

Properties

Glycemic Index:220.09, Glycemic Load:1.61, Inflammation Score:-9, Nutrition Score:7.9665217295937%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 835.73kcal (41.79%), Fat: 92.17g (141.8%), Saturated Fat: 58.36g (364.72%), Carbohydrates: 5.24g (1.75%), Net Carbohydrates: 4.91g (1.78%), Sugar: 1.55g (1.72%), Cholesterol: 244.02mg (81.34%), Sodium: 3057.22mg (132.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.78g (3.56%), Vitamin A: 3154.57IU (63.09%), Vitamin K: 33µg (31.43%), Vitamin E: 2.71mg (18.07%), Vitamin C: 9.69mg (11.75%), Manganese: 0.23mg (11.36%), Vitamin B6: 0.13mg (6.56%), Calcium: 56.5mg (5.65%), Phosphorus: 45.57mg (4.56%), Selenium: 2.46µg (3.51%), Vitamin B2: 0.06mg (3.26%), Vitamin B12: 0.19µg (3.22%), Potassium: 96.98mg (2.77%), Copper: 0.05mg (2.71%), Folate: 10.76µg (2.69%), Magnesium: 9.32mg (2.33%), Iron: 0.4mg (2.21%), Vitamin B5: 0.21mg (2.11%), Vitamin B1: 0.03mg (1.95%), Zinc: 0.27mg (1.79%), Fiber: 0.33g (1.32%)