



Southwestern Butter

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



414 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons chili powder
- ☐ 0.1 teaspoon garlic powder
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 teaspoon ground pepper red
- ☐ 0.1 teaspoon onion powder
- ☐ 1 teaspoon oregano dried
- ☐ 1 cup butter unsalted softened
- ☐ 1 teaspoon worcestershire sauce

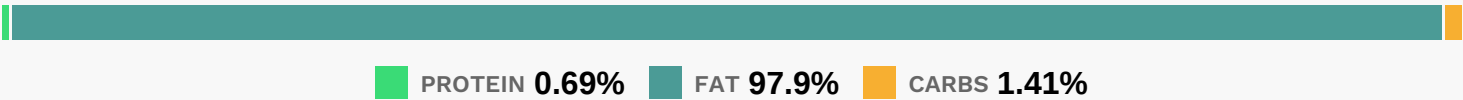
Equipment

☐ wax paper

Directions

☐ Stir together all ingredients; shape mixture into a log, using parchment or wax paper. Chill 4 to 6 hours.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.06, Inflammation Score:-8, Nutrition Score:4.0121739325316%

Nutrients (% of daily need)

Calories: 414.07kcal (20.7%), Fat: 46.27g (71.19%), Saturated Fat: 29.2g (182.48%), Carbohydrates: 1.5g (0.5%), Net Carbohydrates: 0.85g (0.31%), Sugar: 0.32g (0.35%), Cholesterol: 122.01mg (40.67%), Sodium: 38.63mg (1.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.47%), Vitamin A: 1859.89IU (37.2%), Vitamin E: 1.85mg (12.33%), Vitamin K: 8.3µg (7.9%), Vitamin D: 0.85µg (5.68%), Iron: 0.53mg (2.97%), Manganese: 0.06mg (2.79%), Calcium: 27.9mg (2.79%), Fiber: 0.64g (2.56%), Vitamin B2: 0.04mg (2.12%), Phosphorus: 20.19mg (2.02%), Vitamin B6: 0.04mg (1.87%), Potassium: 60.58mg (1.73%), Vitamin B12: 0.1µg (1.61%), Copper: 0.03mg (1.33%), Magnesium: 5.16mg (1.29%), Selenium: 0.83µg (1.19%)