



## Sun-dried Tomato Butter

 Vegetarian  Gluten Free

READY IN

ready

125 min.

SERVINGS

servings

4

CALORIES

calories

428 kcal

SIDE DISH

## Ingredients

- ☐ 4 tablespoons parsley fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 4 servings salt and pepper to taste
- ☐ 1 ounce sun-dried tomatoes chopped
- ☐ 1 cup butter unsalted

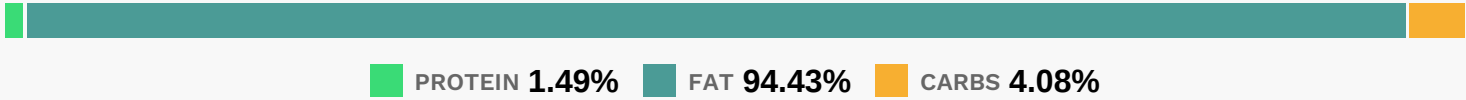
## Equipment

- ☐ mixing bowl

# Directions

- ☐ In a mixing bowl, cream butter.
- ☐ Mix in parsley, garlic, and tomatoes. Chill for at least 2 hours.

# Nutrition Facts



# Properties

Glycemic Index:23, Glycemic Load:1.03, Inflammation Score:-8, Nutrition Score:8.4608694936918%

# Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

# Nutrients (% of daily need)

Calories: 427.74kcal (21.39%), Fat: 46.28g (71.19%), Saturated Fat: 29.19g (182.42%), Carbohydrates: 4.49g (1.5%), Net Carbohydrates: 3.47g (1.26%), Sugar: 2.74g (3.04%), Cholesterol: 122.01mg (40.67%), Sodium: 209.98mg (9.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.3%), Vitamin K: 72.63µg (69.17%), Vitamin A: 1817.15IU (36.34%), Vitamin C: 8.33mg (10.1%), Vitamin E: 1.35mg (8.99%), Potassium: 281.92mg (8.05%), Manganese: 0.15mg (7.63%), Copper: 0.12mg (5.9%), Vitamin D: 0.85µg (5.68%), Iron: 0.92mg (5.1%), Magnesium: 17.08mg (4.27%), Phosphorus: 42.32mg (4.23%), Fiber: 1.02g (4.08%), Vitamin B3: 0.72mg (3.61%), Vitamin B2: 0.06mg (3.45%), Folate: 12.62µg (3.16%), Vitamin B1: 0.05mg (3.01%), Calcium: 28.41mg (2.84%), Vitamin B5: 0.23mg (2.31%), Vitamin B6: 0.04mg (1.91%), Zinc: 0.24mg (1.63%), Vitamin B12: 0.1µg (1.61%), Selenium: 1.07µg (1.53%)