

Sweet Butter

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



3

CALORIES



386 kcal

SIDE DISH

Ingredients

- 0.3 cup brown sugar
- 0.5 cup butter softened
- 1 pinch ground cinnamon
- 0.5 pinch ground ginger
- 1 pinch ground nutmeg
- 2 tablespoons honey

Equipment

- bowl

Directions

- Place the butter into a bowl, and stir together with brown sugar, honey, cinnamon, nutmeg, and ginger until the mixture is completely blended.

Nutrition Facts

PROTEIN 0.41% **FAT 69.66%** **CARBS 29.93%**

Properties

Glycemic Index:59.09, Glycemic Load:6.09, Inflammation Score:-5, Nutrition Score:1.9473913192101%

Nutrients (% of daily need)

Calories: 385.52kcal (19.28%), Fat: 30.81g (47.39%), Saturated Fat: 19.53g (122.09%), Carbohydrates: 29.79g (9.93%), Net Carbohydrates: 29.65g (10.78%), Sugar: 29.4g (32.66%), Cholesterol: 81.34mg (27.11%), Sodium: 249.03mg (10.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.41g (0.82%), Vitamin A: 946IU (18.92%), Vitamin E: 0.88mg (5.86%), Manganese: 0.06mg (2.77%), Calcium: 26.46mg (2.65%), Vitamin K: 2.67µg (2.54%), Potassium: 42.64mg (1.22%), Iron: 0.22mg (1.22%), Phosphorus: 11.18mg (1.12%), Vitamin B2: 0.02mg (1.09%), Vitamin B12: 0.06µg (1.07%), Selenium: 0.74µg (1.05%)