



Tarragon Butter

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



2

CALORIES



428 kcal

SIDE DISH

Ingredients

- 1 teaspoon pepper black freshly ground
- 1 tablespoon tarragon dried
- 1.5 teaspoons juice of lemon
- 2 servings salt to taste
- 2 tablespoons shallots minced
- 0.5 cup butter unsalted

Equipment

- bowl

hand mixer

Directions

In a small bowl, cream butter with an electric mixer.

Mix in lemon juice, tarragon, black pepper, and shallot. Season to taste with salt. Chill for at least 1 hour.

Nutrition Facts

PROTEIN 1.49% **FAT 94.54%** **CARBS 3.97%**

Properties

Glycemic Index:66, Glycemic Load:1.58, Inflammation Score:-7, Nutrition Score:5.8117391441179%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 427.76kcal (21.39%), Fat: 46.33g (71.28%), Saturated Fat: 29.23g (182.71%), Carbohydrates: 4.37g (1.46%), Net Carbohydrates: 3.53g (1.28%), Sugar: 0.92g (1.02%), Cholesterol: 122.01mg (40.67%), Sodium: 203.64mg (8.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.29%), Vitamin A: 1571.28IU (31.43%), Manganese: 0.44mg (21.94%), Vitamin E: 1.34mg (8.91%), Iron: 1.36mg (7.58%), Vitamin B6: 0.13mg (6.26%), Calcium: 61.96mg (6.2%), Vitamin D: 0.85µg (5.68%), Vitamin K: 5.69µg (5.42%), Vitamin C: 4mg (4.85%), Potassium: 169.91mg (4.85%), Magnesium: 17.32mg (4.33%), Vitamin B2: 0.07mg (4.15%), Folate: 15.61µg (3.9%), Fiber: 0.84g (3.37%), Phosphorus: 32.46mg (3.25%), Copper: 0.06mg (2.78%), Vitamin B3: 0.37mg (1.86%), Zinc: 0.24mg (1.61%), Vitamin B12: 0.1µg (1.61%), Vitamin B1: 0.02mg (1.31%), Selenium: 0.89µg (1.28%), Vitamin B5: 0.11mg (1.1%)