



The Homemade Pantry's Butter

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



257 kcal

SIDE DISH

Ingredients

- 16 ounces cup heavy whipping cream
- 0.5 teaspoon kosher salt

Equipment

- bowl
- plastic wrap
- kitchen towels

Directions

- Combine the cream and salt in the bowl of a stand mixer fitted with the paddle attachment and cover with a dish towel to prevent splattering. Beat at medium to high speed, peeking in every 20 seconds or so. In 1 to 3 minutes, the cream will be whipped and airy, then it will stiffen. After that, the cream will break, and you will have both liquids and solids in the bowl.
- When the fat separates from the buttermilk, pour the buttermilk into a jar and refrigerate to use within 3 days.
- Run your hands under cold water, then squeeze the butter together, kneading it in the bowl.
- Place the bowl in the sink, rinse the butter in cold water, and squeeze it again. Repeat this process until the water runs clear and the butter does not release any liquid when you press on it. Storage: store at room temperature, in a covered container or butter bell for 5 days in the fridge. Or roll and cut into sticks, wrap individually in plastic wrap and store in a freezer bag for 3 months.

Nutrition Facts

 **PROTEIN 3.27%**  **FAT 93.46%**  **CARBS 3.27%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:3.1099999811014%

Nutrients (% of daily need)

Calories: 257.04kcal (12.85%), Fat: 27.29g (41.99%), Saturated Fat: 17.39g (108.67%), Carbohydrates: 2.15g (0.72%), Net Carbohydrates: 2.15g (0.78%), Sugar: 2.21g (2.45%), Cholesterol: 85.43mg (28.48%), Sodium: 214.2mg (9.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.29%), Vitamin A: 1111.3IU (22.23%), Vitamin B2: 0.14mg (8.36%), Vitamin D: 1.21µg (8.06%), Calcium: 50.02mg (5%), Vitamin E: 0.7mg (4.64%), Phosphorus: 43.85mg (4.38%), Selenium: 2.27µg (3.24%), Vitamin K: 2.42µg (2.3%), Potassium: 71.86mg (2.05%), Vitamin B12: 0.12µg (2.02%), Vitamin B5: 0.19mg (1.93%), Magnesium: 5.3mg (1.32%), Vitamin B6: 0.03mg (1.32%), Zinc: 0.18mg (1.21%), Vitamin B1: 0.02mg (1.01%)