



Walnut-Honey Butter



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



5

CALORIES



227 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 2 tablespoons honey
- ☐ 0.3 cup walnut pieces finely chopped

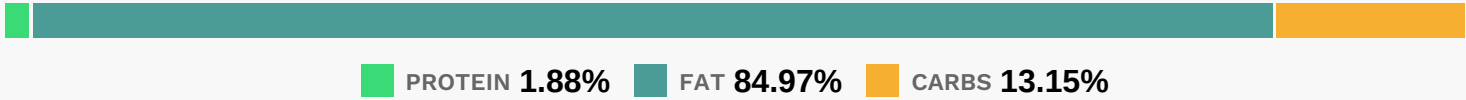
Equipment

- ☐ frying pan
- ☐ oven

Directions

Bake walnuts at 350 in a single layer in a pan 5 to 7 minutes or until lightly toasted, stirring halfway through. Cool 15 minutes. Stir together butter, honey, and walnuts.

Nutrition Facts



Properties

Glycemic Index:24.45, Glycemic Load:3.7, Inflammation Score:-4, Nutrition Score:2.2634782382975%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg

Nutrients (% of daily need)

Calories: 226.55kcal (11.33%), Fat: 22.22g (34.19%), Saturated Fat: 12.03g (75.17%), Carbohydrates: 7.74g (2.58%), Net Carbohydrates: 7.33g (2.66%), Sugar: 7.06g (7.85%), Cholesterol: 48.81mg (16.27%), Sodium: 146.41mg (6.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.21%), Vitamin A: 568.44IU (11.37%), Manganese: 0.21mg (10.32%), Copper: 0.1mg (4.8%), Vitamin E: 0.57mg (3.78%), Phosphorus: 26.02mg (2.6%), Magnesium: 9.86mg (2.47%), Vitamin B6: 0.03mg (1.71%), Vitamin K: 1.75µg (1.66%), Folate: 6.58µg (1.65%), Fiber: 0.41g (1.63%), Zinc: 0.22mg (1.46%), Vitamin B1: 0.02mg (1.41%), Iron: 0.21mg (1.17%), Calcium: 11.69mg (1.17%), Vitamin B2: 0.02mg (1.16%), Potassium: 35.61mg (1.02%)