



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Garlic Butter ·

Garlic butter is a flavorful and versatile condiment that can be used in a variety of dishes. It adds a rich and savory taste to meats, vegetables, and breads. This recipe for garlic butter is easy to make and can be stored in the refrigerator for later use. Enjoy the deliciousness of garlic and butter combined in this simple yet delicious recipe.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 10

Serving Size: 20 g

Ingredients

200 g	butter
4 cloves	garlic
1 teaspoon	Salt
1 tablespoon	Parsley

Directions

Step 1

Cutting

Mince the garlic cloves.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a mixing bowl, combine the minced garlic, softened butter, salt, and chopped parsley.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

Mix well until all the ingredients are evenly incorporated.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Refrigerating

Transfer the garlic butter to a container and refrigerate until ready to use.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 102 kcal

Fat: 12 g

Protein: 0 g

Carbohydrates: 1 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	0 g	0%	0%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	1 g	1.82%	2%
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	7 g	31.82%	41.18%
Fat	12 g	42.86%	48%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	800 iu	88.89%	114.29%
Vitamin C	1 mg	1.11%	1.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	120 mg	5.22%	5.22%
Calcium	10 mg	1%	1%
Iron	0 mg	0%	0%
Potassium	10 mg	0.29%	0.38%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Spring Summer

Events

Christmas Barbecue

Cuisines

Italian

Nutritional Content

Low Calorie Low Fat Low Sodium Sugar-Free

Course

Sauces & Dressings

Cultural

Chinese New Year

Cost

Over \$50

Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

Diet

Mediterranean Diet

Vegetarian Diet

Vegan Diet

Raw Food Diet

Pescatarian Diet

Meal Type

Snack

Supper

Difficulty Level

Easy

Visit our website: healthdor.com