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## Garlic Herb Butter ••

Garlic Herb Butter is a flavorful and versatile compound butter that can be used in a variety of dishes. It is made by combining fresh garlic, herbs, and butter, resulting in a rich and aromatic spread. This recipe is perfect for adding an extra layer of flavor to grilled meats, roasted vegetables, or even as a spread for bread.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 20

**Serving Size:** 10 g

### Ingredients

<b>200 g</b>	butter
<b>4 cloves</b>	garlic
<b>20 g</b>	fresh herbs (e.g., parsley, thyme, rosemary)
<b>1 tsp</b>	salt

0.5 tsp black pepper

## Directions

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### Step 1

Cut

Mince the garlic cloves and finely chop the fresh herbs.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Mixing

In a mixing bowl, combine the minced garlic, chopped herbs, softened butter, salt, and black pepper. Mix well until all the ingredients are evenly incorporated.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Rolling

Transfer the garlic herb butter mixture onto a sheet of plastic wrap. Roll it into a log shape, twisting the ends of the plastic wrap to secure it.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

Refrigerating

Refrigerate the garlic herb butter log for at least 1 hour to allow it to firm up.

**Prep Time:** 0 mins

**Cook Time:** 60 mins

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## Step 5

Cut

Once firm, remove the garlic herb butter log from the refrigerator. Slice it into rounds or use as desired.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 102 kcal

**Fat:** 24 g

**Protein:** 1 g

**Carbohydrates: 2 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
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	18 g	81.82%	105.88%
Fat	24 g	85.71%	96%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	61 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1200 iu	133.33%	171.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	230 mg	10%	10%
Calcium	20 mg	2%	2%
Iron	0 mg	0%	0%
Potassium	25 mg	0.74%	0.96%
Zinc	0 mg	0%	0%
Selenium	1 mcg	1.82%	1.82%

# Recipe Attributes

## Events

Christmas

## Cuisines

Italian

## Nutritional Content

Low Calorie

## Kitchen Tools

Slow Cooker

## Course

Appetizers

Soups

Sauces & Dressings

## Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

## Cost

Under \$10

## Meal Type

Lunch

Snack

Supper

## Difficulty Level

Easy

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