



Healthdor

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Margarine Packet Recipe

This recipe is a versatile and easy-to-make dish that can be enjoyed for breakfast, lunch, or dinner. It features a margarine packet as the main ingredient, which adds a rich and creamy flavor to the dish. The recipe is not vegan or vegetarian.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

200 g	margarine packet
1 tsp	Salt
1 tsp	Pepper
1 tsp	Garlic powder
2 tbsp	Parsley

Directions

Step 1

Preheating

Preheat the oven to 350°F.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Baking

Place the margarine packet on a baking sheet and sprinkle with salt, pepper, garlic powder, and parsley.

Prep Time: 5 mins

Cook Time: 15 mins

Step 3

Oven

Bake in the preheated oven for 15 minutes or until the margarine packet is melted and golden brown.

Prep Time: 0 mins

Cook Time: 15 mins

Step 4

Cooling

Remove from the oven and let cool for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 100 kcal

Fat: 10 g

Protein: 0 g

Carbohydrates: 0 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	0 g	0%	0%
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	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%

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

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	0 mg	0%	0%
Iron	0 mg	0%	0%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Events

Christmas

Meal Type

Breakfast

Lunch

Snack

Supper

Course

Salads

Snacks

Cultural

Chinese New Year

Hanukkah

Oktoberfest

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Allergy Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Vegetarian Diet

Vegan Diet

Difficulty Level

Easy

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