

Rosemary Thyme Butter

Prep time: 40 mins

Gluten and Grain free
Sugar free
Soy free
High Fat/Low Carb



Ingredients

- 1 stick organic salted butter (1/2 cup)
- 1 tbsp fresh minced rosemary
- 1/2 tbsp fresh minced thyme
- 1 tsp organic dijon mustard
- 1/4 tsp ground white pepper

Nutrition Facts

Serving Size 1 tbsp
 Servings per recipe 9

Amount Per Serving			
Calories 92		Calories from Fat 90	
		% Daily Value*	
Total Fat 10g			16%
Saturated Fat 6g			32%
Trans Fat 0g			
Cholesterol 27mg			9%
Sodium 78mg			3%
Total Carbohydrate 0g			0%
Dietary Fiber 0g			0%
Sugars 0g			
Protein 0g			
Vitamin A 7%		Vitamin C 8%	
Calcium 1%		Iron 0%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

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Directions

1. Bring butter to room temperature
2. Place butter in a small bowl and whip with a hand mixer until creamy
3. Add in rosemary, thyme, dijon mustard and white pepper until mixed well
4. Chill for 30 minutes
5. Serve over fish, pork, lamb or beef