

Avocado Butter

Sonia Uvezian

The International Appetizer Cookbook (1984)

1 small ripe avocado, peeled and pitted
1 tablespoon lemon juice, freshly squeezed and strained
1/2 cup butter
2 ounces cream cheese, room temperature
2 tablespoons chives, finely chopped
salt (to taste)
Tabasco sauce (to taste)

In a bowl, mash the avocado with the lemon juice.

Cream the butter.

Gradually beat in the avocado and then the cream cheese and chives.

Season to taste with salt and Tabasco sauce.

Flavored butters can be shaped into logs, wrapped tightly in aluminum foil, and frozen for up to two weeks. Simply open the frozen package and slice off what you need. They can also be refrigerated for up to twenty-four hours.

Per Serving (excluding unknown items): 1017 Calories; 112g Fat (96.7% calories from fat); 5g Protein; 3g Carbohydrate; trace Dietary Fiber; 311mg Cholesterol; 1105mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 22 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	1017	Vitamin B6 (mg):	trace
% Calories from Fat:	96.7%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	1.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	112g	Folacin (mcg):	19mcg
Saturated Fat (g):	70g	Niacin (mg):	trace
Monounsaturated Fat (g):	32g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	0
Cholesterol (mg):	311mg	% Daily Value:	on 0%
Carbohydrate (g):	3g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	5g	Lean Meat:	1/2
Sodium (mg):	1105mg	Vegetable:	0
Potassium (mg):	134mg	Fruit:	0

Calcium (mg): 79mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 10mg
Vitamin A (i.u.): 4541IU
Vitamin A (r.e.): 1128 1/2RE

Non-Fat Milk: 0
Fat: 22
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1017 **Calories from Fat:** 983

% Daily Values*

Total Fat 112g 172%
 Saturated Fat 70g 349%
Cholesterol 311mg 104%
Sodium 1105mg 46%
Total Carbohydrates 3g 1%
 Dietary Fiber trace 1%
Protein 5g

Vitamin A 91%
Vitamin C 17%
Calcium 8%
Iron 5%

* Percent Daily Values are based on a 2000 calorie diet.