

# Blue Cheese Butter

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*1/2 cup softened butter  
2 tablespoons crumbled blue cheese*

In a bowl, combine the butter and blue cheese.  
Refrigerate.

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Per Serving (excluding unknown items): 60 Calories; 5g Fat (73.1% calories from fat); 4g Protein; trace Carbohydrate; 0g Dietary Fiber; 13mg Cholesterol; 235mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Fat.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	60	Vitamin B6 (mg):	trace
% Calories from Fat:	73.1%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	2.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	24.2%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	5g	Folacin (mcg):	6mcg
Saturated Fat (g):	3g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	13mg	% Refuse:	n n%
Carbohydrate (g):	trace	<b>Food Exchanges</b>	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	4g	Lean Meat:	1/2
Sodium (mg):	235mg	Vegetable:	0
Potassium (mg):	43mg	Fruit:	0
Calcium (mg):	89mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	1/2
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	0mg		
Vitamin A (i.u.):	122IU		
Vitamin A (r.e.):	36 1/2RE		

## Nutrition Facts

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**Amount Per Serving**

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**Calories** 60 **Calories from Fat:** 44

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**% Daily Values\***

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**Total Fat** 5g 7%Saturated Fat 3g 16%**Cholesterol** 13mg 4%**Sodium** 235mg 10%**Total Carbohydrates** trace 0%Dietary Fiber 0g 0%**Protein** 4g

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**Vitamin A** 2%**Vitamin C** 0%**Calcium** 9%**Iron** 0%

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