## **Chipotle Butter**

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1/2 cup butter, softened 1 teaspoon chopped chipotle pepper in adobo sauce 1 tablespoon chopped fresh cilantro In a bowl, combine the butter, chipotle pepper and cilantro.

Refrigerate.

Per Serving (excluding unknown items): 813 Calories; 92g Fat (99.5% calories from fat); 1g Protein; trace Carbohydrate; trace Dietary Fiber; 248mg Cholesterol; 937mg Sodium. Exchanges: 18 1/2 Fat

Sauces and Condiments

## Dar Carrina Mutritional Analysis

| Calories (kcal):               | 813    | Vitamin B6 (mg):     | 0mg        |
|--------------------------------|--------|----------------------|------------|
| % Calories from Fat:           | 99.5%  | Vitamin B12 (mcg):   | .1mcg      |
| % Calories from Carbohydrates: | 0.0%   | Thiamin B1 (mg):     | 0mg        |
| % Calories from Protein:       | 0.5%   | Riboflavin B2 (mg):  | trace      |
| Total Fat (g):                 | 92g    | Folacin (mcg):       | 4mcg       |
| Saturated Fat (g):             | 57g    | Niacin (mg):         | trace      |
| Monounsaturated Fat (g):       | 27g    | Caffeine (mg):       | 0mg        |
| Polyunsaturated Fat (g):       | 3g     | Alcohol (kcal):      | 0<br>% n n |
| Cholesterol (mg):              | 248mg  |                      |            |
| Carbohydrate (g):              | trace  | Food Exchanges       |            |
| Dietary Fiber (g):             | trace  | Grain (Starch):      | 0          |
| Protein (g):                   | 1g     | Lean Meat:           | 0          |
| Sodium (mg):                   | 937mg  | Vegetable:           | 0          |
| Potassium (mg):                | 35mg   | Fruit:               | 0          |
| Calcium (mg):                  | 28mg   | Non-Fat Milk:        | 0          |
| Iron (mg):                     | trace  | Fat:                 | 18 1/2     |
| Zinc (mg):                     | trace  | Other Carbohydrates: | 0          |
| Vitamin C (mg):                | trace  |                      |            |
| Vitamin A (i.u.):              | 3533IU |                      |            |
| Vitamin A (r.e.):              | 865RE  |                      |            |

## **Nutrition Facts**

| Amount Per Serving  |  |  |  |
|---|--|--|--|
| Calories 813  | Calories from Fat: 809                 |  |  |
|   | % Daily Values*                        |  |  |
| Total Fat 92g Saturated Fat 57g Cholesterol 248mg Sodium 937mg Total Carbohydrates trace Dietary Fiber trace Protein 1g | 141%<br>286%<br>83%<br>39%<br>0%<br>0% |  |  |
| Vitamin A<br>Vitamin C<br>Calcium<br>Iron   | 71%<br>1%<br>3%<br>1%                  |  |  |

<sup>\*</sup> Percent Daily Values are based on a 2000 calorie diet.