

Chive Butter II

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Yield: 4 ounces of compound butter

1 stick (4 ounces) unsalted butter, softened
2 tablespoons chives, minced

Using a fork, thoroughly mash the butter and chives together on a clean work space. Scrape into the shape of a log. Place towards the end of a sheet of wax paper. Drape the wax paper over the end of the log, but do not roll up. Gently roll the log back and forth until it is the same diameter along the entire length.

Roll up the log and fold the ends over. Date it with a marker and identify what it is. Tuck the log into a zip-lock bag. Freeze for up to six months.

Per Serving (excluding unknown items): 815 Calories; 92g Fat (99.3% calories from fat); 1g Protein; trace Carbohydrate; trace Dietary Fiber; 248mg Cholesterol; 13mg Sodium. Exchanges: 0 Vegetable; 18 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	815
% Calories from Fat:	99.3%
% Calories from Carbohydrates:	0.2%
% Calories from Protein:	0.5%
Total Fat (g):	92g
Saturated Fat (g):	57g
Monounsaturated Fat (g):	27g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	248mg
Carbohydrate (g):	trace
Dietary Fiber (g):	trace
Protein (g):	1g

Vitamin B6 (mg):	0mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	9mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0

Sodium (mg): 13mg
Potassium (mg): 47mg
Calcium (mg): 32mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 3mg
Vitamin A (i.u.): 3729IU
Vitamin A (r.e.): 881RE

Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 18 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 815 Calories from Fat: 809

% Daily Values*

Total Fat	92g	142%
Saturated Fat	57g	286%
Cholesterol	248mg	83%
Sodium	13mg	1%
Total Carbohydrates	trace	0%
Dietary Fiber	trace	1%
Protein	1g	
Vitamin A		75%
Vitamin C		6%
Calcium		3%
Iron		1%

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