

Cilantro Lime Honey Butter

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Yield: 1/2 cup

1/2 cup (one stick) unsalted butter,
room temperature

1 tablespoon honey

1/2 to one whole chipotle pepper in
adobo sauce, minced

1/4 teaspoon black pepper

pinch coarse salt (if using salted
butter, do not use)

1 tablespoon fresh lime juice

1 tablespoon Vidalia or sweet yellow
onion, minced

1/4 cup fresh cilantro leaves, minced

1/4 teaspoon chili powder (optional)

Place the butter in a mixing bowl and beat on
med-high until lighter in color and softened.

Add the honey, chipotle pepper, black pepper,
salt, lime juice, onion, cilantro and chili powder.
Beat until incorporated.

On a large piece of plastic wrap, roll the butter
mixture until it forms a short log.

Tightly roll the log in the plastic wrap. Twist the
ends of the wrap to seal.

Refrigerate or freeze until ready to use.

*Remove the seeds from the chipotle
pepper if a milder taste is desired.*

Per Serving (excluding unknown
items): 477 Calories; 46g Fat
(83.7% calories from fat); 1g
Protein; 19g Carbohydrate; trace
Dietary Fiber; 124mg Cholesterol;
10mg Sodium. Exchanges: 0
Grain(Starch); 0 Fruit; 9 Fat; 1
Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	477
% Calories from Fat:	83.7%
% Calories from Carbohydrates:	15.7%
% Calories from Protein:	0.6%
Total Fat (g):	46g
Saturated Fat (g):	29g
Monounsaturated Fat (g):	13g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	124mg
Carbohydrate (g):	19g
Dietary Fiber (g):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	6mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
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Protein (g): 1g
Sodium (mg): 10mg
Potassium (mg): 71mg
Calcium (mg): 21mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 6mg
Vitamin A (i.u.): 1996IU
Vitamin A (r.e.): 453 1/2RE

Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 9
Other Carbohydrates: 1

Nutrition Facts

Amount Per Serving

Calories 477 Calories from Fat: 400

% Daily Values*

Total Fat	46g	71%
Saturated Fat	29g	143%
Cholesterol	124mg	41%
Sodium	10mg	0%
Total Carbohydrates	19g	6%
Dietary Fiber	trace	1%
Protein	1g	

Vitamin A	40%
Vitamin C	10%
Calcium	2%
Iron	2%

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