

Homemade Blackberry Butter

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Yield: 2 cups
2 sticks unsalted butter, softened
4 tablespoons honey
1/4 teaspoon cinnamon
pinch Kosher salt
4 ounces blackberries

Place the softened butter in the bottom of a stand mixer.

Whip the butter on medium-high speed. Add the honey, cinnamon and salt. Whip until combined.

Turn the mixer speed to low. Add the blackberries. Mix until the blackberries are almost completely broken down but still have a bit of texture. The butter should be a vibrant purple.

Roll the butter into a log. Tightly wrap the log with plastic wrap. Twist the ends of the plastic wrap to seal.

Refrigerate until needed.

Per Serving (excluding unknown items): 1944 Calories; 184g Fat (82.5% calories from fat); 3g Protein; 85g Carbohydrate; 6g Dietary Fiber; 496mg Cholesterol; 28mg Sodium. Exchanges: 0 Grain(Starch); 1 Fruit; 37 Fat; 4 1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	1944	Vitamin B6 (mg):	.1mg
% Calories from Fat:	82.5%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	16.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.6%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	184g	Folacin (mcg):	47mcg
Saturated Fat (g):	115g	Niacin (mg):	1mg
Monounsaturated Fat (g):	53g	Caffeine (mg):	0mg

Polyunsaturated Fat (g): 7g
 Cholesterol (mg): 496mg
 Carbohydrate (g): 85g
 Dietary Fiber (g): 6g
 Protein (g): 3g
 Sodium (mg): 28mg
 Potassium (mg): 328mg
 Calcium (mg): 102mg
 Iron (mg): 2mg
 Zinc (mg): 1mg
 Vitamin C (mg): 24mg
 Vitamin A (i.u.): 7124IU
 Vitamin A (r.e.): 1728 1/2RE

Alcohol (kcal): 0
 % Refuse: 0 0%

Food Exchanges

Grain (Starch): 0
 Lean Meat: 0
 Vegetable: 0
 Fruit: 1
 Non-Fat Milk: 0
 Fat: 37
 Other Carbohydrates: 4 1/2

Nutrition Facts

Amount Per Serving

Calories 1944 Calories from Fat: 1604

% Daily Values*

Total Fat	184g	284%
Saturated Fat	115g	573%
Cholesterol	496mg	165%
Sodium	28mg	1%
Total Carbohydrates	85g	28%
Dietary Fiber	6g	26%
Protein	3g	
Vitamin A		142%
Vitamin C		41%
Calcium		10%
Iron		9%

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