

Mustard Butter II

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Yield: 4 ounces of compound butter

1 stick (4 ounce) unsalted butter, softened

1 tablespoon Dijon Mustard

1/2 teaspoon white wine or lemon juice

*1/4 teaspoon garlic, minced
coarsely ground black pepper*

Using a fork, gently mash the butter, mustard, wine and garlic on a clean work space. Scrape into the shape of a log and place toward the end of a sheet of wax paper. Drape the wax paper over the log but do not roll it up. Gently roll the log back and forth until it is the same diameter along its entire length.

Sprinkle some black pepper over the wax paper. Roll the mustard butter log over the pepper. Press the black pepper into the butter.

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

Per Serving (excluding unknown items): 825 Calories; 93g Fat (98.6% calories from fat); 2g Protein; 1g Carbohydrate; trace Dietary Fiber; 248mg Cholesterol; 200mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 18 1/2 Fat; 0 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	825	Vitamin B6 (mg):	trace
% Calories from Fat:	98.6%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	0.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.8%	Riboflavin B2 (mg):	trace
Total Fat (g):	93g	Folacin (mcg):	4mcg
Saturated Fat (g):	57g	Niacin (mg):	trace
Monounsaturated Fat (g):	27g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	0
Cholesterol (mg):	248mg	% Refuse:	0.0%

Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	2g
Sodium (mg):	200mg
Potassium (mg):	52mg
Calcium (mg):	41mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	3468IU
Vitamin A (r.e.):	855RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	18 1/2
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories	825	Calories from Fat: 814
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% Daily Values*

Total Fat	93g	143%
Saturated Fat	57g	286%
Cholesterol	248mg	83%
Sodium	200mg	8%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	2%
Protein	2g	
Vitamin A		69%
Vitamin C		0%
Calcium		4%
Iron		3%

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