

Mustard Butter

Sonia Uvezian

The International Appetizer Cookbook (1984)

1/2 cup unsalted butter
2 tablespoons Dijon-style mustard
1 teaspoon lemon juice, freshly
squeezed and strained
1 tablespoon parsley, finely chopped
salt (to taste)
freshly ground pepper (to taste)

Cream the unsalted butter.

Gradually beat in the mustard and lemon juice.

Beat in the parsley.

Season with salt and pepper.

Flavored butters can be shaped into logs, wrapped tightly in aluminum foil, and frozen for up to two weeks. Simply open the frozen package and slice off what you need. They can also be refrigerated for up to twenty-four hours.

Per Serving (excluding unknown items): 838 Calories; 93g Fat (97.6% calories from fat); 2g Protein; 3g Carbohydrate; 1g Dietary Fiber; 248mg Cholesterol; 390mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Fruit; 18 1/2 Fat; 0 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	838
% Calories from Fat:	97.6%
% Calories from Carbohydrates:	1.2%
% Calories from Protein:	1.2%
Total Fat (g):	93g
Saturated Fat (g):	57g
Monounsaturated Fat (g):	27g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	248mg
Carbohydrate (g):	3g
Dietary Fiber (g):	1g
Protein (g):	2g
Sodium (mg):	390mg
Potassium (mg):	96mg
Calcium (mg):	57mg
Iron (mg):	1mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	12mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

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

Zinc (mg): trace
Vitamin C (mg): 7mg
Vitamin A (i.u.): 3664IU
Vitamin A (r.e.): 874 1/2RE

Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories	838	Calories from Fat: 818
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% Daily Values*

Total Fat	93g	144%
Saturated Fat	57g	287%
Cholesterol	248mg	83%
Sodium	390mg	16%
Total Carbohydrates	3g	1%
Dietary Fiber	1g	4%
Protein	2g	

Vitamin A	73%
Vitamin C	12%
Calcium	6%
Iron	6%

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